

Taking Refuge

“In You, O Lord, do I take refuge; let me never be put to shame! In Your righteousness deliver me and rescue me; incline Your ear to me, and save me! Be to me a rock of refuge to which I may continually come.”

Psalm 71:1-3a

What does it mean to take refuge in the Lord?

For many of us, taking refuge in the Lord might look like pausing in the middle of an escalating argument or a child’s meltdown to invite the Holy Spirit’s help and peace into the situation. Instead of lashing out impatiently, retreating to distractions, or ignoring the problem, we long for God to be the one to whom we run.

For a Christian in Burma, taking refuge in the Lord may mean begging Him for protection as marauding soldiers approach, intent on destroying homes, crops, churches, and anyone who stands in the way. Seeking refuge may mean desperately asking God to safely arrive at work or home, as Egyptian believers pray while they are targeted for kidnapping and forced conversions by Islamic extremists. For Christians fleeing North Korea the Lord provides literal refuge through Christian Freedom International shelters stocked with Bibles, food, and supplies.

God listens to His people’s pleas. He “inclines His ear.” The closer we draw to Jesus, the more closely our hearts align with His. As we lean into Jesus, we find ourselves praying for our persecuted brethren who endure more than we can imagine; we find ourselves compelled to fervently pray, generously give, and passionately advocate for their good. We become vessels of rescue.

Dear Lord, You are the Rock to whom we run. When I am struggling, please help me take refuge in You. Make it a reminder to pray for others. As my brothers and sisters suffer in places like Burma, Egypt, North Korea and elsewhere, intervene on their behalf. Give me Your heart for the oppressed. Be our refuge.