

A Word For Life

Talk Sheet

God Is Our Refuge

Introduction:

We don't know with 100% certainty what is going to happen...ever...but thankfully we know that nothing is outside of the knowledge and plan of God. "Be still and know that I am God" means lay down your arms. Surrender, and acknowledge that I am the one and only victorious God. He never changes and is always dependable.

Talk Points:

- Psalm _____ powerfully and effectively conveys this truth: No matter what _____, no matter what life brings, we are safe in the care of _____.
 - God is not simply a refuge, He is _____ refuge.
 - When are times that God has been your refuge?
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Things To Ponder:

- Sometimes we just go from fear to fear instead of realizing what God has done, and that strengthens us to know that what He did for us in the past, He will do now.
- The more we trust God, the more we see His work, the easier it is to trust Him.
- "A Mighty Fortress is Our God" by Martin Luther verse 2: Did we in our own strength confide, our striving would be losing, were not the right Man on our side, the Man of God's own choosing. You ask who that may be? Christ Jesus, it is he; Lord Sabaoth his name, from age to age the same; and he must win the battle.

Apply What You Heard:

When are times you can run to God? Instead of depending on yourself or someone else, try depending only on God and running to Him.

Reflect:

God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, even though the earth be removed, and though the mountains be carried into the sea; though its waters roar and be troubled, though the mountains shake with its swelling.