

SUNDAY, FEBRUARY 1, 2026

REFRESH MY SOUL (PART 3) SEEKING REFUGE

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Where do you run when things are falling apart?

"God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,³ though its waters roar and foam and the mountains quake with their surging. 4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells.⁵ God is within her, she will not fall; God will help her at break of day. 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. 7 The Lord Almighty is with us; the God of Jacob is our fortress. 8 Come and see what the Lord has done, the desolations he has brought on the earth. 9 He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.¹⁰ He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' 11 The Lord Almighty is with us; the God of Jacob is our fortress." -Psalm 46

Seek God for Refuge.

"I will defend this city and save it, for my sake and for the sake of David my servant.' That night the angel of the Lord went out and put to death a hundred and eighty-five thousand in the Assyrian camp. When the people got up the next morning—there were all the dead bodies! So Sennacherib king of Assyria broke camp and withdrew."

-2 Kings 19:34-36

"Keep me safe, my God, for in you I take refuge." -Psalm 16:1

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'" -Psalm 91:1-2

1. _____ will be replaced with _____.

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

-Isaiah 41:10

2. _____ will be replaced with _____.

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." -Deuteronomy 31:6

"But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." -John 14:26-27

3. _____ will be replaced with _____.

"...you will fill me with joy in your presence." -Psalm 16:11

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance." -James 1:2-3

4. _____ will be replaced with _____.

"He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'" -Psalm 46:10

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." -Matthew 11:28-29

"Truly my soul finds rest in God; my salvation comes from him." -Psalm 62:1