



he will
cover you
WITH
HIS
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you will find
REFUGE.
psalm 91:4

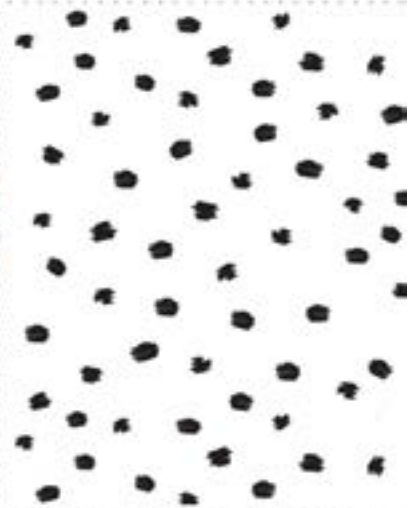


He is
YOUR
Safe
place



GOD'S
GOT
you!

Jesus
Loves
me



I love
YOU!



I'm
praying
for you
today!

I'm
PRAYING
for YOU
today

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Psalm 91:4 – He will cover you with His feathers, and under His wings you will find refuge.

Protection. Safety. Security. We all want these three desired outcomes in life. Can you think of a couple items you use for protection daily? If you can name at least two or three, you are not alone. We are a culture longing for security. We are fearful. According to recent stats, there are currently 40 million adult Americans who are affected by anxiety.

We all experience fear. It is our most recurring negative emotion, particularly as we look at the future. We fear what we do know and what we have already experienced that may have caused pain. And, we fear ultimately that His wings will not shelter us. A refuge, however, as promised by God is defined as “a condition of being safe or sheltered from pursuit, danger, or trouble.” The writer in the book of Psalms, David, must have truly believed that God was a refuge because he writes it over 40 times!

David is reminding the people (and probably himself) that Christ’s wings are for hiding us, in such a way that we feel safe, secure, and protected. His hiding helps to bring about His healing. His covering, His protection, of us is also in the present. We do not need to look ahead with anxiety at the future because we are being taken care of right now. Jesus is your protector, the One you can put trust in. There will be no thief named Satan to come and steal anything from you. What we need instead of fear is a refuge. We live in a world that is broken and dangerous from sin. We cannot avoid these troubles and God knows that. He knew there would be fear and hardship. Therefore, He has offered Himself as a shelter to go to when we are confronted with pain.

Author A.W. Tozer wrote in his book, “Pursuit of God,” “that what comes to our minds when we think about God is the most important thing about us.” Do we think about God as a refuge, a safe place? We live and act out of what we believe to be true of God. Knowing and experiencing God as our refuge is actively putting trust in Him. There is never a physical or spiritual situation outside of God’s hiding place, refuge, safety.

I am covered under the shelter of His wings. If this is truth, whom and what shall I fear? You are fully protected by the God of the universe who loves you more than you will ever know.





DISCUSSION QUESTIONS

● ○ ○ FORMOM

As moms, we are not only anxious and fearful about our lives but the lives of our little ones. God does not want us to fear each and every day of their lives or ours. Spend some time in prayer telling God what you are afraid of. Allow Him to gently remind you are safe and He is in control.

What comes to your mind when you think about God? If a refuge or safe place is not one of the first things, train your heart and mind by memorizing this month's scripture and additional ones that promise He is. (Psalm 46:1-3, Psalm 91:2, Proverbs 14:26)

● ● ○ FOR KIDS

Worry, anxiety, and fear are all emotions that you can experience at any stage and age in your life. Learning at a young age how to battle it will only make you stronger and better equipped when confronted with them as you get older.

When you read this month's verse, what do you picture in your mind? Now when you think of a recent fear, take your mind back to your first thought. That's where God wants you. Your spirit not to be on edge but in His refuge.

This month you are challenged to replace at least one negative or fear-driven thought with the words "but, I am covered under the shelter of His wings" or maybe a little more modern version of that would be "God's got me." You are completely loved and protected by the One who promised!

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Psalms 119:130 The unfolding of your words give light - it gives understanding to the simple. God's word providing light in our lives. His words iLUMINating truth in our hearts.

HIS WORDS | YOUR HEART



FOR MOM

FOR KIDS



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