

# November 22

## TODAY'S BIBLE STUDY & MEDITATION

**KEY IDEAS:** Where do I seek refuge? Is God my Refuge in theory or in fact? Do I see myself as God sees me, as one He desires to help and protect? Do I spend time thanking God for His attributes and works?

**1** **God is our Refuge and Deliverer** — *Psalm 46:1 God is our refuge and strength, a very present help in trouble. 2 Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; 3 Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof.*

Who is or what is the only constant here? What things can be destroyed?

How should I praise and thank God since He is my Refuge?

**2** **I am supported and helped by God's power and protection** — *Psalm 28:7 The LORD [is] my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.*

What examples can I remember when God helped me in the past?

Why does the devil want me to forget how the Lord has helped me in the past?

**3** **I am to rejoice in the Lord and His deliverance** — *Psalm 70:4 Let all those that seek thee rejoice and be glad in thee: and let such as love thy salvation say continually, Let God be magnified.*

Do I take time to routinely remember the times that God helped me in the past?

If I don't take time to praise God for the past, will He help me now?

Spirit of Truth, how do you want to apply these verses in my life today?

## OPTIONAL BIBLE READINGS

Morning: James 4

Evening: Ezekiel 18, 19