

God Our Refuge

Trust in Him at all times, O people. Pour out your hearts to Him, for God is our REFUGE. Selah. The LORD is good, a stronghold in the day of trouble, and He knows those who take REFUGE in Him. (Indeed) a humble and lowly people will take REFUGE in the Name of the LORD, for You are a REFUGE for the poor, a REFUGE for the needy in distress, a shelter from the storm and a shade from the heat. O taste and see that the LORD is good. How blessed is the man who takes REFUGE in Him! Let the righteous rejoice in the LORD and take REFUGE in Him. You are my REFUGE and my fortress, my God, in Whom I trust! You are the eternal God, my REFUGE, and underneath are Your everlasting arms. Let me dwell in Your tent forever. Let me take REFUGE in the shelter of Your wings. Selah. You will cover me with Your pinions, and under Your wings I will seek REFUGE. Both high and low among men find REFUGE in the shadow of Your wings. God is my REFUGE and strength, a very present help in trouble. He is a shield to all who take REFUGE in Him.

It is better to take REFUGE in the LORD than to trust in man. (Therefore) in the LORD I take REFUGE, (for) blessed are all who take REFUGE in Him! He is a REFUGE for the oppressed. (And so I) will say of the LORD, "You are my REFUGE and my Fortress, my God, in Whom I trust. You are my God, my Rock, in Whom I take REFUGE. I call to You when my heart is faint--Lead me to the Rock that is higher than I. For You have been a REFUGE for me, a Tower of strength against the enemy. How great is Your goodness, which You have stored up for those who fear You, which You bestow in the sight of men on those who take REFUGE in You. O GOD, my Lord, in You I seek REFUGE. Leave me not defenseless! I cry to you, O LORD. I say, "You are my REFUGE, my Portion in the land of the living." You save by Your right hand those who take REFUGE in You from their foes. You deliver me because I take REFUGE in You (and I know that) none of those who take REFUGE in You will be condemned, for the righteous has a REFUGE when he dies.

As for me, I will sing about Your power. I will shout with joy each morning because of Your unfailing love. For You have been my REFUGE, a place of safety in the day of distress. (Indeed) You are my strong REFUGE. In You, O LORD, I have taken REFUGE. Let me never be put to shame. Keep me safe, O God, for in You I take REFUGE. O LORD my God, I take REFUGE in You. Save and deliver me from all who pursue me. Have mercy on me, O God, have mercy on me, for in You my soul takes REFUGE. I will take REFUGE in the shadow of Your wings until the disaster has passed. (Indeed) let all who take REFUGE in You rejoice. Let them sing joyful praises forever. As for me, the nearness of God is my good. I have made the Lord GOD my REFUGE, that I may tell of all Your works. Amen and Amen.

Ps 62:8, Nahum 1:7, Zeph 3:12, Isa 25:4, Ps 34:8, Ps 64:10, Ps 91:2, Dt 33:27, Ps 61:4, Ps 91:4, Ps 36:7, Ps 46:1, Ps 18:30, Ps 118:8, Ps 11:1, Ps 2:12, Ps 9:9, Ps. 91:2, Ps 18:2, Ps 61:2-3, Ps 31:1, Ps 141:8, Ps 142:5, Ps 17:7, Ps 37:40, Ps 34:22, Pr 14:32, Ps 59:16, Ps 71:7, Ps 71:1, Ps 16:1, Ps 7:1, Ps 57:1, Ps 5:11, Ps 73:28)

[PLAY "YOU ARE MY REFUGE" - Shannon Wexelberg](#)

Related Resource:

- **Christ Our Rock of Refuge**

Refuge (noun) ([04268](#)) (**machaseh** from **chasah** = to seek refuge) is a masculine noun which means literally a place of refuge, shelter from danger, etc (Job 24:8). Most of the uses are figurative and depict God as the our **Refuge** or Shelter, a sure place of safety, protection, security. In a bad sense it describes those who "have made falsehood (their) refuge." (Isa 28:15). The idea is that the place of refuge is where we place our confidence, our trust, our hope (Lxx translates the Hebrew with the Greek noun for hope, not "hope so" but "hope sure" is the inherent sense of Biblical hope, at least in the majority of the NT uses.)

Gilbrant - In eighteen occurrences, the noun refers to Yahweh as the figurative refuge of the righteous. One of the two exceptions is found in Ps. 104:18, as Yahweh's creative power is celebrated, including his creation of rocks as shelter for the rock badger. The other occurrence is a simile in which Job compares the oppressed righteous waiting for divine vindication to the wild donkeys seeking shelter from the cold rain. Yahweh is a Refuge for the righteous in a number of senses. Those who dwell in his protective shadow are safe from all the enemies of the righteous (e.g., Ps. 91:2). There is no fear in the time of divine wrath (e.g., Isa. 4:6; Joel 3:16). The oppressed seek his shelter and protection (e.g., Ps. 14:6; Isa. 25:4; Jer. 17:17). Anyone who builds a refuge on anything aside from Yahweh is in trouble, as in the case of the elite of the northern kingdom of Israel, who built their refuge in lies, a shelter which Yahweh would, in his righteous wrath, utterly destroy (Isa. 28:15ff). In contrast, one is reminded, "In the fear of the Lord there is strong confidence, and his children will have a refuge" (Prov. 14:26, NASB). ([Complete Biblical Library Hebrew-English Dictionary](#))

Ryken writes that...

A safe place into which to run is a universal need for all creatures, including human beings. We can all remember childhood games in which there was a place where one was "safe" and could not be touched by a pursuer or opponent. "Out there" was danger, but to reach the sanctuary or haven (even if it was only a circle drawn in the dust) meant security. (See [Dictionary of biblical imagery](#))

The **Septuagint (Lxx)** translates **machaseh** with **elpis** = hope and **boethos** = help.

Machaseh - 20x in 20v - NAS translates as refuge (19) and shelter (1)

Job 24:8 "They are wet with the mountain rains And hug the rock for want of a **shelter**.

Psalm 14:6-[note](#) You would put to shame the counsel of the afflicted, But the LORD is his **refuge** (Lxx = hope = elpis).

Psalm 46:1-[note](#) For the choir director. A Psalm of the sons of Korah, set to Alamo. A Song. God is our **refuge** (Lxx = kataphuge = refuge, safe retreat, sure refuge, way of escape - used in Ex 17:15, Nu 35:27-28, Dt 19:3, 2Sa 22:3) and strength, A very present help in trouble.

Psalm 61:3-[note](#) For You have been a **refuge** (Lxx = hope = elpis) for me, A tower of strength against the enemy.

Psalm 62:7-[note](#) On God my salvation and my glory rest; The rock of my strength, my **refuge** (Lxx = hope = elpis) is in God. **8** Trust in Him at all times, O people; Pour out your heart before Him; God is a **refuge** (Lxx = help = boethos) for us. Selah.

Psalm 71:7-[note](#) I have become a marvel to many, For You are my strong **refuge** (Lxx = help = boethos) .

Psalm 73:28-[note](#) But as for me, the nearness of God is my good; I have made the Lord GOD my **refuge** (Lxx = hope = elpis), That I may tell of all Your works.

Psalm 91:2-[note](#) I will say to the LORD, "My **refuge** (Lxx = hope = elpis) and my fortress, My God, in whom I trust!"

Psalm 91:9-[note](#) For you have made the LORD, my **refuge** (Lxx = hope = elpis), Even the Most High, your dwelling place.

Psalm 94:22-[note](#) But the LORD has been my stronghold, And my God the rock of my **refuge** (Lxx uses two Greek words to translate machaseh help = boethos and hope = elpis).

Psalm 104:18-[note](#) The high mountains are for the wild goats; The cliffs are a **refuge** (Lxx = kataphuge = refuge, safe retreat, sure refuge) for the rock badger.

Comment: If God provides a safe refuge for the wild animals, how much more will He do so for those whom He calls "beloved?"

Psalm 142:5-[note](#) I cried out to You, O LORD; I said, "You are my **refuge** (Lxx = hope = elpis), My portion in the land of the living.

Proverbs 14:26 In the fear of the LORD there is strong confidence, And his children will have **refuge** (Lxx = ereisma = a prop, stay, support - used of the props to keep a boat on shore upright).

Isaiah 4:6 (Context Isa 4:5, Read Isa 4:1-4-see commentary notes) There will be a shelter to give shade from the heat by day, and **refuge** (Lxx = skepe = shelter, covering, protection) and protection from the storm and the rain.

Comment: This passage refers to the canopy that God will spread over Zion in the Millennial Reign of Christ.

Isaiah 25:4 For You have been a defense for the helpless, A defense for the needy in his distress, **Arefuge** (Lxx = skepe = shelter, covering, protection) from the storm, a shade from the heat; For the breath of the ruthless is like a rain storm against a wall.

Isaiah 28:15 Because you have said, "We have made a covenant with death (Wow! A binding agreement with death!), And with Sheol we have made a pact. The overwhelming scourge will not reach us when it passes by, For we have made falsehood our **refuge** (Lxx = skepe = shelter, covering, protection) and we have concealed ourselves with deception."

Comment: They made "falsehood" their refuge, their hope! This is a picture of just how deceiving sin can

be! Beware when you begin to "toy" with sin! The Hebrew word for "falsehood" is translated as deception and deceptive! The following verse speaks of the fate of a refuge of falsehood! Be sure your sin will find you out! Be sure you will reap what you sow!

Isaiah 28:17 "I will make justice the measuring line And righteousness the level; Then hail will sweep away the **refuge** of lies And the waters will overflow the secret place.

Jeremiah 17:17 Do not be a terror to me; You are my refuge (Lxx = pheidomai = means something like "the one who spares someone from something") in the day of disaster.

Joel 3:16 The LORD roars from Zion And utters His voice from Jerusalem, And the heavens and the earth tremble. But the LORD is a refuge (Lxx = pheidomai = means something like "the one who spares someone from something", Jehovah is a "Sparer") for His people And a stronghold to the sons of Israel.

Refuge (verb form) (02620) (**chasah**) means to flee for protection. The picture is that of one who confides or puts their trust in another (usually God - see 36 uses below). The verb can mean to put trust in or have hope in (this would be one's attitude or mindset) but can also mean to flee for protection to (this would be one's action consistent with a mind that trusted & hoped in God).

God is ever the sole refuge of His people and trust in Him protects the "trustee!" It is always better to trust in God rather than to trust (batah) in princes (Ps 118:8-9).

In 2Sa 22:31 the Septuagint translates chasah with peitho (to come to a settled persuasion concerning some truth or fact).

With one exception (Isa 30:2) chasah refers to the Lord as the One in Whom refuge is sought and is portrayed by various metaphors - Rock (Dt 32:37, 2Sa 22:3, Ps 18:2), Wings (cp a "mother hen" protecting her chicks Ru 2:12, Ps 36:7, Ps 57:1, Ps 61:4, Ps 91:4), Shield (Ps 144:2, 2Sa 22:31, Ps 18:30, Pr 30:5 - paralleled with the "Word of God"), at God's "right hand" (Ps 17:7),

Those who take refuge in Jehovah are those who fear (reverential awe and respect) Him (Ps 31:19), those who are His servants (Ps 34:22, 64:10), those who trust in God rather than men (Ps 118:8,9), the righteous (Pr 14:32), afflicted (Isa 14:32), "a humble and lowly people" (Zeph 3:12). To seek refuge" stresses the insecurity and helplessness of even the "strongest" individual.

The result of taking refuge in God is to be "blessed" (Ps 2:12), to be "saved" (Ps 17:7), experience joy (Ps 5:11), experience and possess His "great goodness" (Ps 31:19), become inheritors of "the land" (Isa 57:13).

Application: Do we recall to our minds the greatness of our sovereign, omnipotent Creator and Sustainer, so that when times of affliction and testing come we are fully convinced of His ability to protect us and we run to Him for refuge without hesitation? Let us ever turn first to Him and may the Spirit enable us to recall our past deliverances by the mighty hand of our Deliverer (Ps 18:2 40:17, 70:5, 144:2) so that we do not waver in unbelief when the storm comes but instead run confidently into our Rock of Refuge.

How do we take refuge in Him? (1). Know His Word (2). Heed His Word like Noah did in Heb 11:7. God does not stutter or equivocate. He speaks very clearly concerning His will for men. Our part is to hide ourselves in that true word. It is close to the idea of taking up the shield of faith in Eph 6:16 (believing what God has promised is true...e.g., that He will not allow us to be tempted beyond what we are able to endure...the truth is if we are falling to a repetitive temptation, we need to be very circumspect...it is probably because we want to fall into the passing pleasures of sin! Fall into the Cleft of the Rock (1 Co 10:4) instead...and be shielded from the fiery trials even though the fire is heated extremely hot (Da 3:22, Isa 43:2).

In the NET version chasah is translated "take shelter" (NET translations of 2Sa 22:3, 31; Ps 2:12; 5:11; 18:2, 30; 31:19; 34:22; 57:1; 64:10; 118:8f; 141:8; 144:2) where "Taking shelter" in the Lord is an idiom for seeking His protection. Seeking his protection presupposes and even demonstrates the subject's loyalty to the Lord. In the psalms those who "**take shelter**" in the Lord are contrasted with the wicked and equated with those who **love, fear, and serve** the Lord

Chasah: 36x in NAS translated: has a refuge(1), seek refuge(3), seek shelter(1), sought refuge(1), take refuge(25), taken refuge(3), takes refuge(3). The KJV translates it most often as "to trust."

Deuteronomy 32:37 "And He will say, 'Where are their gods, The rock in which they sought refuge?'

Judges 9:15 "The bramble said to the trees, 'If in truth you are anointing me as king over you, come and take refuge in my shade; but if not, may fire come out from the bramble and consume the cedars of Lebanon.'

Ruth 2:12-note "May the LORD reward your work, and your wages be full from the LORD, the God of Israel, under whose wings you have come to seek refuge."

2 Samuel 22:3 My God, my rock, in whom I take refuge, My shield and the horn of my salvation, my stronghold and my refuge; My savior, You save me from violence.

31 "As for God, His way is blameless; The word of the LORD is tested; He is a shield to all who take refuge in Him.

Psalm 2:12-[note](#) Do homage to the Son, that He not become angry, and you perish in the way, For His wrath may soon be kindled. How blessed are all who take refuge in Him!

Psalm 5:11-[note](#) But let all who take refuge in You be glad, Let them ever sing for joy; And may You shelter them, That those who love Your name may exult in You.

Psalm 7:1-[note](#) A Shiggaion of David, which he sang to the LORD concerning Cush, a Benjamite. O LORD my God, in You I have taken refuge; Save me from all those who pursue me, and deliver me,

Psalm 11:1-[note](#) For the choir director. A Psalm of David. In the LORD I take refuge; How can you say to my soul, "Flee as a bird to your mountain;

Psalm 16:1-[note](#) A Mikhtam of David. Preserve me, O God, for I take refuge in You.

Psalm 17:7-[note](#) Wondrously show Your lovingkindness, O Savior of those who take refuge at Your right hand From those who rise up against them.

Psalm 18:2-note The LORD is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold.

30 As for God, His way is blameless; The word of the LORD is tried; He is a shield to all who take refuge in Him.

Psalm 25:20-[note](#) Guard my soul and deliver me; Do not let me be ashamed, for I take refuge in You.

Psalm 31:1-[note](#) For the choir director. A Psalm of David. In You, O LORD, I have taken refuge; Let me never be ashamed; In Your righteousness deliver me.

19 How great is Your goodness, Which You have stored up for those who fear You, Which You have wrought for those who take refuge in You, Before the sons of men!

Psalm 34:8-[note](#) O taste and see that the LORD is good; How blessed is the man who takes refuge in Him!

22 The LORD redeems the soul of His servants, And none of those who take refuge in Him will be condemned.

Psalm 36:7-[note](#) How precious is Your lovingkindness, O God! And the children of men take refuge in the shadow of Your wings.

Psalm 37:40-[note](#) The LORD helps them ("the righteous" Ps 37:39) and delivers them; He delivers them from the wicked and saves them, (Why?) Because they take refuge in Him. (Begs the question - Are you in despair, danger, difficulty, distress, etc? Make the choice to take refuge in Him! He won't force you. How? Get into His Word [Read Ps 18:30], listen to the Spirit speak and obey in the enabling power of the Spirit.)

Psalm 57:1-[note](#) For the choir director; set to Al-tashheth. A Mikhtam of David, when he fled from Saul in the cave. Be gracious to me, O God, be gracious to me, For my soul takes refuge in You; And in the shadow of Your wings I will take refuge Until destruction passes by.

Psalm 61:4-[note](#) Let me dwell in Your tent forever; Let me take refuge in the shelter of Your wings. Selah.

Psalm 64:10-[note](#) The righteous man will be glad in the LORD and will take refuge in Him; And all the upright in heart will glory.

Psalm 71:1-[note](#) In You, O LORD, I have taken refuge; Let me never be ashamed.

Psalm 91:4-[note](#) He will cover you with His pinions, And under His wings you may seek refuge; His faithfulness is a shield and bulwark.

Psalm 118:8-[note](#) It is better to take refuge in the LORD Than to trust in man.

9 It is better to take refuge in the LORD Than to trust in princes.

Psalm 141:8-[note](#) For my eyes are toward You, O GOD, the Lord; In You I take refuge; do not leave me defenseless.

Psalm 144:2-[note](#) My lovingkindness and my fortress, My stronghold and my deliverer, My shield and He in whom I take refuge, Who subdues my people under me.

Proverbs 14:32 The wicked is thrust down by his wrongdoing, But the righteous has a refuge when he dies.

Proverbs 30:5 Every word of God is tested; He is a shield to those who take refuge in Him.

Isaiah 14:32 "How then will one answer the messengers of the nation? That the LORD has founded Zion, And the afflicted of His people will seek refuge in it."

Isaiah 30:2 Who proceed down to Egypt Without consulting Me, To take refuge in the safety of Pharaoh And to seek shelter in the shadow of Egypt!

Isaiah 57:13 "When you cry out, let your collection of idols deliver you. But the wind will carry all of them up, And a breath will take them away. But he who takes refuge in Me will inherit the land And will possess My holy mountain."

Nahum 1:7 The LORD is good, A stronghold in the day of trouble, And He knows those who take refuge in Him.

Zephaniah 3:12 "But I will leave among you A humble and lowly people, And they will take refuge in the name of the LORD.

Refuge ([04496](#)) (**manos**) is a masculine noun which refers to a refuge, to flight, to a place of escape, all descriptive of a place of safety to which one flees. Used metaphorically of Jehovah. **Manos** is derived from **nus** which denotes rapid movement away from something or someone and usually connotes escape from real or imagined danger.

2 Samuel 22:3 My God, my rock, in whom I take **refuge**, My shield and the horn of my salvation, my stronghold and my refuge; My savior, You save me from violence.

Job 11:20 "But the eyes of the wicked will fail, And there will be no **escape** for them; And their hope is to breathe their last."

Psalms 59:16-[note](#) But as for me, I shall sing of Your strength; Yes, I shall joyfully sing of Your lovingkindness in the morning, For You have been my stronghold And a **refuge** in the day of my distress.

Psalms 142:4-[note](#) Look to the right and see; For there is no one who regards me; There is no **escape** for me; No one cares for my soul.

Jeremiah 16:19 O LORD, my strength and my stronghold, And my **refuge** in the day of distress, To You the nations will come From the ends of the earth and say, "Our fathers have inherited nothing but falsehood, Futility and things of no profit."

Jeremiah 25:35 "Flight will perish from the shepherds, And **escape** from the masters of the flock.

Jeremiah 46:5 "Why have I seen it? They are terrified, They are drawing back, And their mighty men are defeated And have taken **refuge** in flight, Without facing back; Terror is on every side!" Declares the LORD.

Amos 2:14 "**Flight** will perish from the swift, And the stalwart will not strengthen his power, Nor the mighty man save his life.