



## DAILY ENCOURAGEMENTS

Carstairs-Bancroft United Church

March 20, 2024



Photo: Our Daily Bread

# GOD OUR REFUGE

*The name of the Lord is a fortified tower; the righteous run to it and are safe.*

Proverbs 18:10

### READ Proverbs 18:10-12

The remarkable 2019 movie *Little Women* sent me back to my worn copy of the novel, especially the comforting words of Marmee, the wise and gentle mother. I'm drawn to the novel's depiction of her steadfast faith, which underlies many of her words of encouragement to her daughters. One that stood out to me was this: "Troubles and temptations . . . may be many, but you can overcome and outlive them all if you learn to feel the strength and tenderness of your heavenly Father."

Marmee's words echo the truth found in Proverbs that "the name of the Lord is a fortified tower; the righteous run to it and are safe" (18:10). Towers were built in ancient cities to be places of safety during danger, perhaps because of an enemy attack. In the same way, it's through running to God that believers in Jesus can experience peace in the care of the One who's "our refuge and strength" (Psalm 46:1).

Proverbs 18:10 tells us protection comes from God's "name"—which refers to all of who He is. Scripture describes God as "the compassionate and gracious God, slow to anger, abounding in love and faithfulness" (Exodus 34:6). God's protection comes from His mighty strength, as well as His tenderness and love, which causes Him to long to provide refuge to the hurting. For all who are struggling, our heavenly Father offers a place of refuge in His strength and tenderness.

By **Lisa M. Samra**

### PRAY & REFLECT

**Heavenly Father, please help me to run to You in both good times and times of struggle. Amen**

How have you experienced God's strength in times of trouble? Where have you seen His comforting care?

### SCRIPTURE INSIGHT

The Hebrew word *saghav* is used twenty times in the Old Testament, and except for one occurrence in Deuteronomy 2:36, it's only found in poetry passages. It occurs three times in the book of Proverbs (18:10, 11; 29:25). The word is rendered "safe" in Proverbs 18:10 and "too high to scale" in verse 11. It means "high," "lofty," "inaccessibly high"; something or someone who is safe, secure, out of reach.

Furthermore, the word fortified is used in Proverbs 18:10 and 11. "Might" or "strength" is what's in view - physical, material, social, political. The contrast in these verses is between those who find their refuge in God and those who find security in possessions. In Psalm 20:7, David declares where our allegiance should be: "Some trust in chariots and some in horses, but we trust in the name of the Lord our God." – By **Arthur Jackson**

**Jackson**

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