

REJOICE IN GOD OUR REFUGE

*"But let all who take refuge in you rejoice;
let them ever sing for joy,
and spread your protection over them,
that those who love your name may exult in you."
Psalm 5:11*

REFLECTION

In painful and stressful situations, fear can overwhelm us. The harsh realities of disease, death and desperation can frustrate our faith, sap our strength and cause us to lose joy and hope. Where can we find safe refuge? What or who can we place our trust and hope? Is there still joy amidst the realities and vagaries of life?

Psalm 5 is David's lament to God amidst life's dangers and despairs. David possessed deep convictions in God's ability to protect and that God is his trusted refuge for three reasons. Firstly, God is Sovereign over all (5:2). Secondly, God's covenantal love and care for him is real, present and personal (5:7). Lastly, the holiness of God prevents any wickedness in the world to be left unpunished (5:4-6, 9-10, 11-12). Because of these reasons, David made prayer to God a personal priority. David would rise early in the morning to travail in prayer to God, in humble anticipation, giving to God his fears and concerns in confidence (5:7) that an inviting and interested God will hear and do a good work as he prayed. David would end his lament affirming his deep trust in God who promises to protect in the face of troubles. God alone is to be exulted for He is our only trusted refuge and protection.

Will you take time to read Psalm 5 today? Commit Psalm 5:11 to memory. Take time to cry out to God for no prayer or lament to Him is in vain. Find some quiet time to be alone with God and ask yourself before God who or what do you trust? What or where is your source of refuge? If you are missing hope and joy in life's struggles, ask God the Source of all hope and joy to put a song of faith in your heart. Ask God to revive and refresh you from within such that you may understand with deep conviction that God is your trusted refuge and He is able to protect you. Let your hope in God, who is worthy of all our trust and lives in us, transform you from within and be visible to others.

PRAYER

Heavenly Father, how reassuring it is to know that You are our one and only True Refuge in life's difficulty and danger. How comforting it is to see with our spiritual eyes that You are Sovereign over all and that nothing escapes You. All our cries for help and lament reach Your attentive ears and You do a work as we pray, for Your covenantal love is like a spread of protection over us. Teach us not to exult in our own achievements and abilities but instead rejoice in Your unending mercies. Teach us to make You our priority. Amen.

SUPPLICATION

- Give thanks to God for His grace is available to all. Pray for all who need the healing and transforming power of God's grace may find it even through the hospitality of the church. Pray for God's church to minister and guide with faithfulness, courage and love, such that out of our brokenness we may grow in holiness (statement from MCS 2 July 2021)
- Thank God for His gift of human sexuality and how He has ordained sex to be sacred between man and wife in holy matrimony. Pray against the spirit of permissiveness in society that encourages same sex attraction, gender dysphoria, addiction to pornography that results in sexual brokenness. Pray that God would set apart men and women as holy unto Himself, so that they be ready and willing to serve Him as His salt and light in the world.
- Thank God for the opportunities to gather on-site in His holy sanctuary as the family of God. Thank God also for the Body of Christ that meets regularly online to encourage and edify each other as the family of God.
- Pray for all the members of the Body of Christ to grow healthily and maturely with Christ as the Head. Pray for communities to be deeply rooted and connected, where relationships are genuine, warm and caring, evidenced by humility and desire to serve one another, instead of being transactional, critical and self-centered.

*"I know how much easier it is to
lean on an arm of flesh than on the Lord;
but I have learned too how much less safe it is."
Hudson Taylor*

**If you need any prayer or pastoral care support, kindly
contact the pastoral care team via:**

Email: wecare@brmc.org.sg

Contact: 6592 4011 or 6592 4012