

Help in tight places

Psalm 46: 1-7 1Kings 17: 1-7

God is our refuge and strength, a very present help in trouble v1

What a wonderful promise of assurance from the Lord to us that should take care of all our doubts fears and problems. But we are human and sometimes our circumstances temporarily get the better of us. The Old Testament uses 21 different Hebrew words for the word trouble and here in this psalm the word trouble means 'in tight places'

At times we all need to take shelter and wait for the rain to pass over so that we can return to what we are doing. This time of hiding or sheltering gives the space to rejuvenate ready to continue God's assignment. When we are in a tight place we can run by faith to Jesus.

God is our refuge he hides us! --- God is our strength He helps us!

God told Elijah to hide by a brook during a drought where He commanded the Ravens to provide bread and meat morning and evening for the prophet. Amazing!

This place of refuge was not a permanent one but it was an important place on his journey as he moved onto doing the things that he had prophetically declared. This unusual way of providing what Elijah needed at the time shows us that God is not at a loss on ideas of how He can provide and support us. He will often surprise us in the most unexpected and wonderful ways.

God is a very present help! Literally meaning that His help is abundantly available, a help that has been found to be reliable in the past and will continue to be so in the future.

So if we are in a tight place today we can run to Jesus not to escape but to be strengthened to carry on.

The uncertainties and challenges that we all face today need to be given to God trusting Him to work on our behalf.

When we go through new experiences and new challenges, God gives us new victories.

Are circumstances overwhelming you? Take refuge in the Lord. He wants to help you to continue with renewed strength and confidence.

Prayer:

Heavenly Father thank you that you have provided me with refuge and strength. With you on my side I am able find the resources to bounce back and walk tall. AMEN

Neil Hutton