Embrace
Holy
Living

RE-
FLECTING
GOD

05/19/17 - A Rock Of Refuge

RG AUDIO 051917

Psalm 71:1-13

The preeminent feature of Graham Cave State Park is a cave with a large, wide mouth. The cave is set in a limestone bluff on a gentle slope above the nearby Loutre River in Central Missouri. Archaeologists have uncovered evidence of human habitation they believe may go back some 8,000 to 10,000 years. The attractiveness of the site is obvious: a commodious shelter with water and game nearby. As a natural shelter, it is nearly ideal.

Human beings need shelter. Our bodies require protection from the extremes of weather and security from enemies, as well as places to relax and renew ourselves. Few understood this better than David. He often sought shelter in the caves and crags of the Judean wilderness while fleeing the murderous threats of King Saul.

David drew a profound spiritual metaphor from his experience. In the close, abiding presence of God we find our soul's true refuge and rest. The good news is that He is near to all who seek Him.

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