

Embrace  
Holy  
Living

# RE- FLECTING GOD

**09/22/19 - We're Under God's Protection**

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Psalm 55:15-23

In Psalm 55, David is shaken with fear and trembling as he's being attacked by enemies. At one point he prays, "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken" (v. 22).

God is a rock, a stronghold, and a mighty fortress.

When we bring our lives and all the surrounding circumstances to God, and we allow ourselves to be hidden in God, we are in a fortress.

There are times when my youngest child is shaken. Sometimes his whole body will tremble; his tears and screams are intense. But then he'll allow himself to come into my arms. I'll hold him tightly. Before long, as he leans into my embrace, he recognizes that there is a stability outside of himself where he can hide. The things that were shaking him bounce right off my arms, and his trembling is slowly absorbed into my body until it is gone.

May God be this kind of fortress for you today.

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