

16. Refuge and Purity

Everyone seeks and needs an emotional refuge from the pressures and trials of life. Some look to ‘drown their sorrows’ in booze. Others turn to drugs. Still others seek to escape through the rush of adrenaline. Based on statistics, the #1 form of entertainment and escape in America is using pornography.

The Scriptures clearly teach that God wants to be our refuge. You will never be able to win the battle for sexual purity unless you learn how to make God your total refuge.

Look at the following verses and think about refuge.

2 Sam 22:31 As for God, his way is perfect; the word of the Lord is flawless. He is a shield for all who take refuge in him.

Psa 7:1 O Lord my God, I take refuge in you; save and deliver me from all who pursue me

Psa 16:1 Keep me safe, O God, for in you I take refuge

Psa 25:20 Guard my life and rescue me; let me not be put to shame, for I take refuge in you.

Psa 34:8 Taste and see that the Lord is good; blessed is the man who takes refuge in him.

Psa 46:1 God is our refuge and strength, an ever-present help in trouble

Psa 109 (selected verses) O God, whom I praise, do not remain silent, for wicked and deceitful men have opened their mouths against me; they have spoken against me with lying tongues...they attack me without cause...they repay me evil for good...hatred for my friendship...Appoint an evil man to oppose him; let an accuser stand at his right hand. When he is tried, let him be found guilty, and may his prayers condemn him. May his days be few; may another

take his place of leadership. May his children be fatherless and his wife a widow. May his children be wandering beggars; may they be driven from their ruined homes. May a creditor seize all he has; may strangers plunder the fruits of his labor. May no one extend kindness to him or take pity on his fatherless children. May his descendants be cut off, their names blotted out from the next generation. May the iniquity of his fathers be remembered before the Lord...may their sins always remain before the Lord, that he may cut off the memory of them from the earth...he loved to pronounce a curse—may it come on him...May this be the Lord’s payment to my accusers, to those who speak evil of me.

MEMORIZE: Psa 62:8

Questions:

1. What does the word “refuge” mean to you?
2. Psa 109 expresses David’s complaint and prayer recommendations to God. Is praying like this today OK?
3. As a follower of Jesus, how are we to handle our negative emotions, fears and anxieties?
4. How can I apply the truth of these verses to my life today?

DISCUSSION: Most people that I know have ‘constipated prayer lives’, unable to pour out their emotions before God. How can you cultivate the type of prayer life that King David had with the Father? How is viewing/ using porn a refuge for some? How can a person shift or change their worldly refuges to make God their refuge?

16. Refuge and Purity