

Psalm 46:1-2  
(NKJV)

- (1) God is our refuge and strength,  
A very present help in trouble.
- (2) Therefore we will not fear,  
Even though the earth be removed,  
And though the mountains be carried into the midst of the sea;

**Wisdom Point:** There are two great truths about a refuge. Everyone needs a refuge; and everyone has a refuge. The problem is that many times we have a refuge of our own making and we don't turn to God.

**I. The Results of Choosing a Wrong Refuge:**

**A. Distance**

Exodus 20:3 -- You shall have no other gods before Me." (NKJV)

Hebrews 13:5b -- For He Himself has said, "*I will never leave you nor forsake you.*" (NKJV - emphasis added)

**Wisdom Point:** Seeking refuge and strength from any source other than God violates our relationship with God. We were created and redeemed for intimacy with God. He is jealous for us and longs for us to seek and know Him as our Father and Friend. He will never abandon or forsake us; but, all too often, we abandon and forsake Him.

**B. Disappointment**

John 14:16 -- I will ask the Father and *He will give you another Comforter, and He will never leave you.* (TLB - emphasis added)

Proverbs 5:1-14  
(The Message)

- (1-2) Dear friend, pay close attention to this, my wisdom; listen very closely to the way I see it. Then you'll acquire a taste for good sense; what I tell you will keep you out of trouble.
- (3-6) The lips of a seductive woman are oh so sweet, her soft words are oh so smooth. But it won't be long before she's gravel in your mouth, a pain in your gut, a wound in your heart. She's dancing down the primrose path to Death; she's headed straight for Hell and taking you with her. She hasn't a clue about Real Life, about who she is or where she's going.

(7-14) So, my friend, listen closely; don't treat my words casually. Keep your distance from such a woman; absolutely stay out of her neighborhood. You don't want to squander your wonderful life, to waste your precious life among the hardhearted. Why should you allow strangers to take advantage of you? Why be exploited by those who care nothing for you? You don't want to end your life full of regrets, nothing but sin and bones, Saying, "Oh, why didn't I do what they told me? Why did I reject a disciplined life? Why didn't I listen to my mentors, or take my teachers seriously? My life is ruined! I haven't one blessed thing to show for my life!"

**Wisdom Point:** A depressed person is someone who has being to the wrong refuge for years.

### C. Destruction

## II. The Results of Choosing the Right Refuge:

### A. Strength

Psalm 46:1a -- God is our refuge and *strength*,... (NKJV- emphasis added)

**Wisdom Point:** Every refuge that you turn to, other than God, will take away your strength.

### B. Help

Psalm 46:1 -- *God is* our refuge and strength, *a very present help* in trouble. (NKJV - emphasis added)

Matthew 17:27 -- So go to the lake and drop in a line. (GNT)

### C. No Fear

Psalm 46:2 -- Therefore *we will not fear*, (NKJV - emphasis added)

1 John 4:18 -- *There is no fear in love; but perfect love casts out fear*, because fear involves torment. But he who fears has not been made perfect in love. (NKJV - emphasis added)