Biblical Counseling Center publishes eCounselor's Weekly guide, to encourage counselors and all believers in discipleship and daily growth

Living in God's Loving Protection

By Karen Coulter, MA

"All of YOU is more than enough for all of me, for every thirst and every need, YOU satisfy me with Your love and all I have in YOU is more than enough!" (by Chris Tomlin)

Does this describe your relationship with God? Many come to saving faith and look forward to being with God in Heaven. However, many fail to recognize their opportunity for an intimate relationship with God on earth, to see God as a place of safety in their deepest need and to draw on His wisdom and power for daily problems. God wants us to run to Him and this is illustrated in three ways below.

A Strong Tower

The name of the Lord is a strong tower, the righteous run to it and are safe (Pro 18:10). Many years ago, strong high towers were places where people could run for safety, stronger and higher than all the other buildings in a city. An example is Judges 9:51, a place of refuge and defense, safety and security. God is our strong tower where we can run for defense and safety in times of trouble. He is our strong tower against the enemy (Ps 61:3) and He is a refuge for those who put their trust in Him (Ps 91:2).

"Our God is greater, our God is stronger; God, You are higher than any other..."

Where is your refuge? Is it the television? A friend? Do you see God as stronger than your problem? Do you open your Bible and look for answers from His Word? Do you trust that no matter what the circumstance that God has your back and has a sovereign plan for you?

Covered by His Wings

Another metaphor the psalmist used likens God to a bird that covers and protects her babies. Birds instinctively protect their young even if they are in danger themselves. He will cover you with His feathers, and under His wings you shall take refuge (Ps 91:4). My soul trusts in you and in the shadow of your wings I will make my refuge, until these disasters or storms of destruction have passed (Ps 57:1). This illustrates God's gentle and loving protection for his children, a place of rest. Remember this old hymn? "Under His wings, under His wings, who from His love can sever? Under His wings my soul shall abide, Safely abide forever." Where do you hide when you are struggling? In a bar, in a book? Do you receive your comfort from ice cream, drugs, illicit sex? Or do you trust that God will go with you and cover you through your trial?

His Secret Place

For in the time of trouble, He will hide me in His dwelling (home); in the secret place of His tabernacle He shall hide me (Ps 27:5). You shall hide them in the secret place of Your presence (Ps 31:20). This is a very private and intimate place with God, abiding with the Most High, being at home with Him in a hidden, sacred place. With whom do you share your secrets? Where is your place of intimacy? God wants to abide with you and be involved in all your secret thoughts. He wants to hear your prayers and wants you to cast your burdens on Him (1Pe 5:7). God is ever present; He is the friend that we can reach out to any place, any time.

Many seek refuge or escape from trouble in things like food, alcohol, drugs, sex, television, the Internet, gambling and a hundred other places. People and things will not satisfy and many are not safe. It may feel good for the moment but will not last! I challenge you to find your safety and security in God alone - in His tower, under His wings and in His secret place.

When you are afraid or in danger, where do you run for safety?
(To others for help? to solitude, recoiling in fear? to negative thinking and emotions?) What/who is your strong tower?
(Escape through amusements, pride of self-confidence? OR the Lord?)

* Study Psalm 27; memorize Psalm 56:3,4.

Where do you hide that you believe protects you? (Defensiveness, blame-shifting, denial, escape?)
What/who brings you comfort and guidance? (Culture, pop-psychology OR the Word?)
* Study Psalm 1; memorize Psalm 119:9-11.

What do you do in secret? (Whine and complain? Sulk in anger and plan vengeance? Worry?)
Where is your ultimate safe dwelling place? (Self-help? OR in Prayer?)
* Study Psalm 138-139; memorize Psalm 139:23-24.

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