

# **God is Our Refuge 2**

## **Help and comfort for trials and distress**

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Bible verses quoted from various translations  
including NIV ESV NKJ KJV

Hymns quoted are taken from Christian Hymns 2004`  
Quotes extracts and notes taken from Spurgeon's  
Cheque book of the Bank of Faith and Morning and  
Evening Daily Readings

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## **The Good News**

This most precious promise spoken by our Lord and Saviour Jesus Christ portrays Jesus standing with His hands outstretched to welcome sinners back to God: Come unto Me all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yolk is easy and My burden is light. Matt 11 v 28-30

Jesus came from heaven to earth because no one is sinless before a holy and just God. He died on the cross, as a sacrifice in our place, to bear the punishment of our sins. While on earth, Jesus declared: I am the Way, the Truth and the Life. No one comes to God the Father except through Me. John 14 v 6

Everyone who acknowledges their sin and cries out for mercy through faith in Jesus Christ will be forgiven. Jesus said I am the light of the world. Therefore if we turn away from God we walk in darkness. But as a Christian and child of God, we are covered by Christ's righteousness in God's sight. We have a living relationship with God through prayer and reading the Bible, God's Word, and a place in Heaven is secured for us through all eternity when we die: For God so loved the world that He gave His one and only Son that whoever believes in Him shall not perish but have eternal life. John 3 v 16

As a true Christian, all the precious promises of God are available to be claimed; to give help in need, strength in weakness, comfort in sadness, light in dark times, banishing fear and granting peace which passes all understanding. Despite our unworthiness, we feel the love of God for us, His children.

## **Through Experience**

I was preoccupied with just one thought: the pain was already severe, how much worse would I get if I now had cancer?

It was nearly Christmas. I was still slowly recovering from the burst appendix that had almost killed me three years previously. On top of this, I was suffering from my second bout of pneumonia in 6 months. Add a fractured rib to the equation and Christmas was shaping up to be a challenge! Little did I know what was about to happen.

My doctor called to tell me my chest x-ray had come back. It showed a possible growth in my lung. I was to be referred to a chest specialist for further tests.

The news was devastating.

That night, my Spurgeon's Daily Reading was perfect for my troubled thoughts. It said:

“The lot is cast into the lap: but the whole disposing thereof is of the Lord. Proverbs 16v33. If the simple casting of a lot is guided by God, how much more the events of our entire life? Especially as we are told by our blessed Saviour ‘the very hairs of your head are all numbered’.

It would bring a holy calm over your mind, if you were always to remember this. It would so relieve your mind from anxiety.”

Reading this, I felt overwhelmed by the love of God.

The weekly prayer meeting at Emmanuel Chapel, my church, was being held a few days later. Mr Harrison, our former Minister, shared my diagnosis with the fellowship and many friends prayed for my healing.

Soon after the prayer meeting, I read  
Psalm 103 vs 1-5:

“Bless the Lord, O my soul: and all that is within me, bless His holy name. Bless the Lord O my soul, and forget not all His benefits: Who forgives all your sins: who heals all your diseases; who redeems your life from destruction; Who crowns you with loving kindness and tender mercies.”

I was very encouraged by these words. I felt God was telling me that I didn't have cancer and things would improve.

From that day I began to feel my lungs were getting better. My cough and pain reduced over the following weeks and I stopped bringing up blood, much to my relief.

When I saw the specialist and all my tests were completed, the results were amazing.

No shadow remained on my lungs and my long standing severe asthma was now considered mild!

Praise God for His healing power and His goodness and mercy.

During many diverse trials in my life I have felt on the brink of disaster. Yet, through God's grace, He often brings us through trouble into great blessing.

Consider Jacob for a moment - his beloved wife Rachel had passed away and his favourite son Joseph he thought killed by wild animals. On top of this, a severe famine had required that he send his sons to foreign Egypt to beg for grain that they might survive. Only his youngest, Benjamin, the son of Rachel and brother of Joseph, remained with him.

Upon arriving in Egypt, his sons are treated as spies and one of them is imprisoned. The ransom demanded: Benjamin must go to Egypt to face an uncertain fate. Jacob's sorrow is so great he thinks it will end his life.

But all the while God is working toward blessings beyond Jacob's wildest dreams. He will go to live in Egypt with his sons, have an abundance of food and material wealth, and Joseph the son he thought dead, is alive and well and ruling Egypt by Pharaoh's command.

The Lord delights in our praise, but how much sweeter the praise from a troubled heart? It is easy to sing praises to God when we are blessed. It is much harder and challenging if our heart is broken and tears flow. We may feel on the brink of disaster, as Jacob did, or wonder what God is doing. 'Why is this happening to me?' we often think.



If we feel unable to sing, simply repeat the words of applicable hymns or scripture, in our heart or out loud, to withstand the evil darts of the Devil (Ephesians 6v16). These words can heal and bring peace as we consider again the precious promises of God, the God who speaks only truth and cannot lie. Praise is as important as prayer, it should be as natural as the breath we breathe, definitely not only for services or meetings.

No one except God knows what lies ahead on the twisting and turning road which forms our life. He knows our future, just as He has guided our past.

My life took another unexpected turn when I had an accident in the middle of a busy day.

I am privileged to be part of a caring team of women from my church. We provide a 'Mums

and Toddlers' group on Tuesday mornings at Emmanuel Evangelical Church. I returned home for lunch with a hair appointment and a hospital visit to a friend in my plans. Yet, when I decided to run into the garden to feed the birds, everything went wrong.

Concentrating on the bird feeder instead of the step up and step down on to the path, I tripped and fell. My left ankle suffered two broken bones and a dislocated foot, and I also chipped the bone in my right ankle. All for the birds!

An eleven day stay in hospital following surgery to my ankle. Six weeks no weight bearing on my leg, plus further surgery to my ankle and a slow recovery, proved a difficult challenge for us as a family. Kind friends from church and neighbours provided much needed practical help by prayer, visits, food and cleaning, for which we give grateful thanks to God.

As with my previous illnesses, the Lord blessed me through Bible verses, hymns and extracts from Spurgeon's Daily Readings. I felt inspired by these to put this second booklet together and I trust that God will bless the following quotations to others who find themselves in any form of trouble, trial or distress.

To God be all the Glory. He can heal the broken hearted and set the prisoner free. Let it be as God wills and God will determine for the best. Be content to leave your prayers in His hands. He knows when and how to give, what to give and what to withhold.

His strength, love and peace is yours for the taking. He asks nothing from you. Simply come to Him in humble and true repentance from your wrongdoing and you can be saved. Even in the greatest trials He will be there for you and one day you will go to be with Him in paradise.

**Testimony by Andrea Cogdell**

## **Every Promise**

From the breaking of the dawn to the setting of  
the sun,

I will stand on ev'ry promise of Your Word.

Words of power, strong to save, that will never  
pass away,

I will stand on ev'ry promise of Your Word.

For Your covenant is sure,

And on this I am secure—

I can stand on ev'ry promise of Your Word.

When I stumble and I sin, condemnation  
pressing in,

I will stand on ev'ry promise of Your Word.

You are faithful to forgive that in freedom I  
might live,

So I stand on ev'ry promise of Your Word.

Guilt to innocence restored,

You remember sins no more—

So I'll stand on ev'ry promise of Your Word.

When I'm faced with anguished choice, I will  
listen for Your voice,  
And I'll stand on ev'ry promise of Your Word.  
Through this dark and troubled land  
You will guide me with Your hand  
As I stand on ev'ry promise of Your Word.  
And You've promised to complete  
Ev'ry work begun in me—  
So I'll stand on ev'ry promise of Your Word.

Hope that lifts me from despair, love that casts  
out ev'ry fear,  
As I stand on ev'ry promise of Your Word. Not  
forsaken, not alone for the Comforter has come.  
And I stand on ev'ry promise of Your Word.  
Grace sufficient, grace for me,  
Grace for all who will believe—  
We will stand on ev'ry promise of Your Word.

Keith Getty & Stuart Townend

## **God is Just a Prayer Away**

No matter what your troubles are  
no difference large or small,  
each upset that may come your way,  
each time you slightly fall.  
The smallest fear you've ever had  
is always known by God,  
each step you've walked He's counted,  
on every road you've trod.  
So never fear that you're alone  
when shadows cloud your day,  
but speak His name and you will see,  
Jesus is just a prayer away.

Tim Tiley Ltd

## **God Cannot Lie**

God is not man, that He should lie, or the son of man, that He should change His mind. Has He said, and will He not do it? Or has He spoken and will He not fulfil it?                      Numbers 23 v 19

## **God is With You**

The Lord, He it is that goes before you, He will be with you, He will not fail you, neither forsake you; fear not, neither be afraid.

Deuteronomy 31 v 8

## **God Delivers from Trouble**

I cry out to the Lord with my voice;  
with my voice to the Lord I make my  
supplication. I pour out my complaint before  
Him: I declare before Him my trouble. When my  
spirit was overwhelmed within me, then You  
knew my path, in the way in which I walk...I  
cried out to You, O Lord: I said You are my  
refuge,... attend to my cry, for I am brought very  
low; bring my soul out of prison, that I may  
praise Your name;... for You shall deal  
bountifully with me.

Psalms 142 vs 1-3,5-7

## **Cry for Help**

God will be very gracious to you at the voice of your cry; when He hears it, He will answer you.

Isaiah 30 v 19

## **Strength for Trials**

He gives more grace when the burdens grow greater,

He sends more strength when the labours increase;

to added affliction He addeth His mercy,  
to multiplied trials, His multiplied peace.

His love has no limit, His grace has no measure,  
His power has no boundary known unto men;  
for out of His infinite riches in Jesus  
He gives, and gives and gives again!

When we have exhausted our store of  
endurance



when our strength has failed ere the day is half  
done,  
when we reach the end of our hoarded  
resources,  
our Father's full giving is only begun.

Hymn 843

### **The Faithfulness of God**

Great is Your faithfulness, O God my Father,  
there is no shadow of turning with You;  
You change not, Your compassions they fail not;  
as You have been You forever will be.

Great is Your faithfulness! Great is Your  
faithfulness!

Morning by morning new mercies I see!  
All I have needed Your hand has provided -  
Great is Your faithfulness, Lord unto me!

Hymn 106

**He Shall Not be Afraid of Evil Tidings: His Heart is Fixed, Trusting in the Lord      Psalm 112 v 7**

Suspense is dreadful. When we have no news from home, we are apt to grow anxious, and cannot be persuaded that no news is good news. Faith is the cure for this condition of sadness : the Lord by His Spirit settles the mind in holy serenity, and all fear is gone as to the future as well as the present.

We must believe and trust that God, will neither do us ill Himself nor suffer anyone else to harm us. This constant confidence meets the unknown as well as the known in life. Let the morrow be what it may, our God is the God of tomorrow. Whatever events may have happened which to us are unknown, our Jehovah is God of the unknown as well as of the known.

We are determined to trust the Lord come what may. If the very worst should happen, our God is still greatest and best. Therefore will we not fear though the postman's knock should startle us, or a telegram wake us at midnight. The Lord lives, and what can His children fear. Because the grace of God will not lead you where the grace of God cannot keep you.

Spurgeon

### **Costly Love**

God demonstrates His own love for us in this: While we were still sinners, Christ died for us.

Romans 5 v 8

### **Gracious and Merciful God**

The Lord is gracious, and full of compassion; slow to anger, and of great mercy. The Lord is near to all who call on Him.

Psalms 145 vs 8,18

## **A Firm Foundation**

How firm a foundation, you saints of the Lord,  
is laid for your faith in His excellent Word!  
What more can He say than to you He has said-  
you, who to Jesus for refuge have fled?

In every condition – in sickness, in health,  
in poverty's vale , or abounding in wealth;  
at home or abroad, on the land , on the sea,  
as days may demand, shall your strength ever  
be.

Fear not I am with you, O be not dismayed!  
I, I am your God, and will still give you aid:  
I'll strengthen you, help you, and cause you to  
stand,  
upheld by My righteous, omnipotent hand.

When through the deep waters I cause you to  
go,  
the rivers of woe will not you overflow;

for I will be with you, your troubles to bless,  
and sanctify to you your deepest distress.

When through fiery trials your pathway shall lie,  
My grace all-sufficient shall be your supply;  
the flame shall not hurt you, I only design  
your dross to consume, and your gold to refine.

The soul that on Jesus has leaned for repose  
I will not, I will not desert to its foes;  
that soul, though all hell should endeavour to  
shake,  
I'll never, no never, no never forsake.

Hymn 612

### **Deliver Me Lord**

Hear O Lord and answer me, for I am poor and  
needy. Guard my life, for I am devoted to You..  
Save your servant who trusts in You.

Psalm 86 vs 1-2

## **Privilege of Prayer**

What a friend we have in Jesus,  
all our sins and grief's to bear!

What a privilege to carry  
everything to God in prayer!

O what peace we often forfeit,

O what needless pain we bear,

all because we do not carry,

everything to God in prayer!

Have we trials and temptations?

Is there trouble anywhere?

We should never be discouraged:

take it to the Lord in prayer.

Can we find a friend so faithful

who will all our sorrows share?

Jesus knows our every weakness:

take it to the Lord in prayer.

Are we weak and heavy-laden,

burdened with a load of care?

Precious Saviour, still our refuge:  
Take it to the Lord in prayer.  
Do your friends despised, forsake you?  
Take it to the Lord in prayer;  
in His arms He'll take and shield you,  
you will find a solace there.

Hymn 422

### **Today Thy Mercy Calls Us**

O all-embracing mercy!  
O ever-open door!  
What should we do without You  
when heart and eye run o'er?  
When all things seem against us,  
to drive us to despair,  
we know one gate is open,  
one ear will hear our prayer.

Hymn 569

### **God's Will is Best**

If we ask anything according to His will, He  
hears us. 1 John 5 v 14

## **How Great God Is**

O Lord my God, I stand and gaze in wonder  
on the vast heavens Your wisdom has ordained;  
sun, moon and stars continue at Your pleasure,  
from nothing called and by Your power sustained.

O mighty God, my hearts cries out to You:  
How great You are! How great You are!  
Your praise shall sound throughout eternity:  
How great You are! How great You are!

This earth once heard the sound of angels singing  
this earth that wept the day that Adam fell -  
for Jesus came from purest heights of glory,  
an infant weak, to break the powers of hell.

Nailed to a tree, the great Creator suffered  
when that dread weight of foulest sin He bare.  
Lo! Satan flees! The Lord of glory triumphs!  
Nothing can with this mighty love compare.

Eluned Harrison Hymn 714



## **God's Plans are Best**

I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for. Then you will call to Me. You will come and pray to Me, and I will answer you. You will seek Me, and you will find Me because you will seek Me with all your heart. Jeremiah 29 vs 11-13

## **God Provides According to Our Need**

Give me neither poverty nor riches; feed me with the food that is needful for me, lest I be full and deny You and say who is the Lord? Or lest I be poor and steal and profane the name of my God. Proverbs 30 vs 8-9

## **God Our deliverer**

Call upon Me in the day of trouble: I will deliver you, and you shall glorify Me.

Psalm 50 v 15

## **Job chapters 1 - 2**

Christians should live by faith in all situations. Our faith may be shaken to its core, because a battle is raging. Why do the righteous suffer? God is sovereign and all powerful and we must learn from our experiences. It seems as if God is against Job, yet this is not true. Job lived about the time of Abraham. Job's words 'I know that my redeemer lives' were written before any scripture existed. Job fears God and hates sin.

He was greatly blessed in family and wealth. It is easy in prosperity to forget the Lord and have pride in our hearts Proverbs 30vs8-9. Satan comes before God. God marks the boundary and Satan cannot step over that line. As with Peter in the Gospels Jesus tells Him that Satan has desired to sift him in his sieve as wheat, a terrifying thought. But Jesus tells Peter that He has prayed for him, a comforting word indeed. Job goes from the richest man of the land - to

broken and destitute in one day. Do not put your trust in riches, especially appropriate for our time of financial crisis.

Satan's attack is vicious beyond measure. Yet Job worships God. 'The Lord gave and the Lord hath taken away blessed be the name of the Lord' Job's treasure and supreme delight is God, not his possessions. Satan cannot take away our salvation but aims to take away the joy and delight we have in God. We are saved to glorify God in all circumstances. Satan is a roaring lion but he is chained. He cannot step over God's boundary. Job's rock and refuge is the absolute sovereignty of God. Let your tears flow freely yet with praise to God. We are partakers of His great salvation. But it is Christ Jesus who says 'Come to Me all ye who labour and are heavy laden and I will give you rest.' Matthew 11 v 28

Notes from sermon Rev E Richards

## **Fear Not**

Fear you not; for I am with you; be not dismayed; for I am your God; I will strengthen you, yea, I will help you; and will uphold you with the right hand of My righteousness.

Isaiah 41 v 10

## **The Undeserved Grace of God**

He does not treat us as our sins deserve or repay us according to our iniquities. For high as the heavens are above the earth, so great is His love for those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us. Psalm 103 vs10 - 12

## **Who Can Condemn When Christ Saves?**

God did not send His Son into the world to condemn the world, but to save the world through Him.

John 3v17

## **Thy Face Lord Would I See**

Show me Your face! I shall forget  
the weary days of yore;  
the fretting ghosts of vain regret  
shall haunt my soul no more;  
all doubts and fears for future years  
in quiet rest subside,  
and nought but blest content and calm  
within my breast abide.

Show me Your face! The heaviest cross  
will then seem light to bear;  
there will be gain in every loss,  
and peace with every care;  
with such light feet the years will fleet,  
life seem as brief as blest,  
till I have laid my burden down,  
and entered into rest.

Hymn 662

## **Devotion to the Saviour**

When I survey the wondrous cross,  
on which the Prince of glory died,  
my richest gain I count but loss,  
and pour contempt on all my pride.

Forbid it, Lord, that I should boast  
save in the death of Christ my God:  
all the vain things that charm me most,  
I sacrifice them to His blood.

See, from His head, His hands, His feet,  
sorrow and love flow mingled down;  
did e'er such love and sorrow meet,  
or thorns compose so rich a crown?

Hymn 263

## **Jesus Our Saviour**

Salvation is found in no one else, for there is no  
other name under heaven given to men by  
which we must be saved. Acts 4 v 12

## **The Vast Love of God**

Here is love vast as the ocean,  
lovingkindness as the flood,  
when the Prince of life, our ransom,  
shed for us His precious blood.  
Who His love will not remember?  
Who can cease to sing His praise?  
He can never be forgotten  
throughout heaven's eternal days.

On the mount of crucifixion  
fountains opened deep and wide;  
through the flood gates of God's mercy  
flowed a vast and gracious tide.  
Grace and love, like mighty rivers,  
poured incessant from above,  
and heaven's peace and perfect justice  
kissed a guilty world in love.

Hymn 242

## **How We Must Follow Christ's Way of the Cross in Self-Denial**

CHRIST. My son, you will be able to enter into Me in so far as you are prepared to forsake yourself. And as the absence of craving for material things makes for inner peace, so does the forsaking of self, unite man's heart to God.

I wish you to learn perfect self-surrender, and to accept My will without argument or complaint. Follow me, (Matt.9v9) who am the Way, the Truth and the Life. (John 14v6)  
Without the Way, there is no progress ; without the Truth, there is no knowledge ; without the Life, there is no living. I am the Way you must follow; the Truth you must believe ; the Life for which you must hope. I am the imperishable Way, the infallible Truth, the eternal Life. I am the most noble Way, the ultimate Truth, the true Life, blessed and uncreated. If you remain in My Way, you shall know the Truth, and the



Truth shall set you free, (John 8v32) and you shall lay hold on eternal Life. (John 8v12; I Tim 6v12)

Thomas A Kempis

### **Be Gone Unbelief**

Though dark be my way,  
since He is my guide,  
'tis mine to obey, 'tis His to provide;  
though plans be all broken,  
and creatures all fail,  
the word He has spoken,  
shall surely prevail.

His love in time past  
forbids me to think  
He'll leave me at last, in trouble to sink;  
each sweet Ebenezer,  
I have in review  
confirms His good pleasure  
to help me quite through.

Hymn 744

**Then was Jesus Led Up of the Spirit Into the Wilderness to be Tempted of the devil.**

**Matthew 4v1**

A Holy character does not avert temptation – Jesus was tempted. When Satan tempts us, his sparks fall upon tinder; but in Christ's case it was like striking sparks on water, yet the enemy continued his evil work. Now if the devil goes on striking when there is no result, how much more will he do it when he knows what inflammable stuff our hearts are made of!

Though you become sanctified by the Holy Spirit, expect that the great dog of hell will bark at you still. In the haunts of men we expect to be tempted, but even seclusion will not guard us from the same trial. Jesus Christ was led away from human society into the wilderness, and was tempted of the devil. Solitude has its charms and its benefits, and may be useful in checking the lust of the eye and the pride of life;

but the devil will follow us into the most lovely retreats. Do not suppose that it is only the worldly minded who have dreadful thoughts and blasphemous temptations, for even spiritual – minded persons endure the same; and in the holiest position we may suffer the darkest temptation.

The utmost consecration of spirit will not insure you against Satanic temptation. Christ was consecrated through and through. It was His meat and drink to do the will of Him that sent Him: and yet He was tempted! Your hearts may burn with flames of love to Jesus, and yet the devil will try to bring you down.

If you will tell me when God permits a Christian to lay aside his armour, I will tell you when Satan has left off temptation. Like the old knights in war time, we must sleep with the helmet and breastplate buckle on, for the arch-

deceiver will seize our first unguarded hour to make us his prey.

The Lord keep us watchful in all seasons, and give us a final escape from the jaws of the lion and the paw of the bear.

Spurgeon

### **Strength for Temptation**

God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.

1 Corinthians 10 v 13

### **Safe in the Arms of God**

The eternal God is your refuge and underneath are the everlasting arms.

Deuteronomy 33v27

## **Praise God for His Precious Gospel**

Great is the gospel of our glorious God,  
where mercy met the anger of God's rod;  
a penalty was paid and pardon bought,  
and sinners lost at last to Him were brought:

O let the praises of my heart be Thine,  
for Christ has died that I may call Him mine,  
that I may sing with those who dwell above,  
adoring, praising Jesus King of love.

William Vernon Higham Hymn 150

## **Jesus the Good Shepherd**

The Lord Jesus said, I am the good shepherd.  
The good shepherd lays down His life for the  
sheep. My sheep listen to My voice; I know  
them, I give them eternal life, and they shall  
never perish; no one can snatch them out of My  
hand.

John 10 vs 11,27-28

## **In Jesus is Our Strength**

O Jesus friend unfailing,  
how dear are You to me!  
Are cares or fears assailing?  
I find my strength in Thee.  
Why should my feet grown weary  
of this my pilgrim way?  
Rough though the path and dreary,  
it ends in perfect day.

What fills my soul with gladness?  
'Tis Your abounding grace:  
where can I look in sadness  
but, Jesus on Your face?  
My all is Your providing,  
Your love can ne'er grow cold:  
In You my refuge, hiding,  
No good will you withhold.

Hymn 658

## **Christ Suffered for Our Sake**

O sacred head! Sore wounded,  
with grief and shame bowed down,  
how scornfully surrounded  
with thorns Your only crown!  
How pale are You with anguish,  
with sore abuse and scorn!  
How does Your visage languish  
which once was bright as morn!

What language should I borrow  
to thank You, dearest friend,  
for this Your dying sorrow,  
Your pity without end?  
O make me Yours for ever,  
and should I fainting be,  
Lord, let me never, never  
outlive my love to Thee.

Hymn 255

## **The Depth of God's Love**

How deep the Fathers love to us,  
how vast beyond all measure  
that He should give His only Son  
to make a wretch His treasure.  
How great the path of searing loss;  
the Father turns His face away,  
as wounds which mar the chosen One  
bring many sons to glory.

I will not boast in anything,  
no gifts, no power, no wisdom;  
but I will boast in Jesus Christ,  
His death and resurrection.  
Why should I gain by His reward?  
I cannot give an answer,  
but this I know with all my heart,  
His wounds have paid my ransom.

Stuart Townend Hymn 493



## Hope in Trial

Jesus, I my cross have taken,  
all to leave, and follow You;  
destitute, despised, forsaken,  
You from now my all shall be:  
perish every fond ambition,  
all I've sought, and hoped, and known;  
yet how rich is my condition!  
God and heaven are still my own.

Man may trouble and distress me,  
'twill but drive me to Your breast;  
Life with trails hard may press me,  
heaven will bring me sweeter rest,  
Think what Spirit dwells within you,  
what a Father's smile is yours,  
what a Saviour died to save you!  
Child of heaven, should you complain?

Hymn 622

## **The Saviours Love for Us**

My song is love unknown,  
my Saviour's love to me,  
love to the loveless shown,  
that they might lovely be.

O who am I,  
that for my sake  
my Lord should take  
frail flesh and die?

He came from His blest throne,  
salvation to bestow:  
but men made strange, and none  
the longed – for Christ would know.

But O' my friend!  
My friend indeed,  
who at my need,  
His life did spend!

Here might I stay and sing,  
no story so divine;

never was love, dear King,  
never was grief like Thine!  
This is my friend,  
in whose sweet praise  
I all my days  
could gladly spend.

Hymn 252

### **God is Our Refuge**

God is our refuge and strength. A very present help in trouble. Therefore we will not fear.

Psalm 46 vs 1-2

### **Never be Anxious**

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4v6

## **Everlasting Love**

God said, I have loved you with an everlasting love; I have drawn you with loving-kindness.

Jeremiah 31 v 3

## **Praise God O My Soul**

Praise my soul, the King of heaven,  
to His feet your tribute bring;  
ransomed, healed, restored, forgiven,  
who like you His praise should sing?

Praise Him! Praise Him!

Praise the everlasting King.

Father like He tends and spares us,  
well our feeble frame He knows;  
in His hands He gently bears us,  
rescues us from all our foes;

Praise Him! Praise Him!

Widely as His mercy flows.

Hymn 29

## **Jesus Our Blessed Redeemer**

Glory, glory everlasting  
be to Him who bore the cross!  
Who redeemed our souls by tasting  
death, the death deserved by us:  
spread His glory,  
who redeemed His people thus.

His is love, 'tis love unbounded,  
without measure, without end;  
human thought is here confounded,  
'tis too vast to comprehend:  
praise the Saviour!  
Magnify the sinner's friend.

While we hear the wondrous story  
of the Saviour's cross and shame,  
sing we everlasting glory  
be to God and to the Lamb! Saints and angels,  
glory give to His great Name!

Hymn 239

## **Therefore Will the Lord Wait that He May be Gracious Unto You. Isaiah 30 v18**

God often DELAYS IN ANSWERING PRAYER. We have several instances of this in scripture. Jacob did not get the blessing from the angel until near the dawn of day- he had to wrestle all night for it. Paul besought the Lord thrice that the thorn in the flesh might be taken from him, and he received no assurance that it would be taken away, but instead a promise that God's grace should be sufficient for him.

If you have been knocking at the gate of mercy, and have received no answer, shall I tell you why the mighty Maker has not opened the door and let you in? Our Father has reasons peculiar to Himself for keeping us waiting. Sometimes it is to show His power and His sovereignty, that men may know that Jehovah has a right to give or to withhold. More frequently the delay is for our profit. You art perhaps kept waiting in order

that your desires may be more fervent. God knows that delay will increase desire, and that if He keeps you waiting you will see your necessity more clearly, and will seek more earnestly; and that you will prize the mercy even more for its delay. There may also be something wrong in you which has need to be removed, before the joy of the Lord is given. Perhaps you are placing some little reliance on yourself, instead of trusting simply and entirely to the Lord Jesus. Or God makes you wait awhile that He may more fully display the riches of His grace to you at last.

Your prayers are all filed in heaven, and if not immediately answered they are certainly not forgotten, but in a little while shall be fulfilled to your delight and satisfaction. Let not despair make you silent, but continue instant in earnest supplication.

Spurgeon

## **Ask, Seek and Knock God Will Answer**

Everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened

Luke 11 v 10

## **Jesus Welcomes Us**

Whoever comes to Me I will never send away.

John 6 v 37

## **All Need Supplied**

God shall supply all your need according to His riches in glory by Christ Jesus.

Philippians 4 v 19

## **Peace Beyond Understanding**

Peace I leave with you, My peace I give to you; not as the world gives, give I to you. Let not your heart be troubled, neither let it be afraid.

John 14 v 27



## **Unchanging God**

Jesus Christ is the same yesterday and today  
and for ever.

Hebrews 13 v 8

## **Give Glory to Jesus Always**

Jesus, and shall it ever be,  
a mortal man ashamed of You,  
ashamed of You, who angels praise,  
whose glories shine through endless days?

Ashamed of Jesus! Yes I may  
when I've no guilt to wash away,  
no tear to wipe, no good to crave,  
no fears to quell, no soul to save.

Till then, nor is my boasting vain,  
till then I boast a Saviour slain!  
And O may this my glory be,  
that Christ is not ashamed of me!

Hymn 824

## **Jesus Calls Listen to His voice**

I heard the voice of Jesus say,  
Come unto Me and rest;  
lay down O weary one, lay down  
your head upon My breast!

I came to Jesus as I was,  
weary, and worn, and sad;  
I found in Him a resting-place,  
and He has made me glad.

I heard the voice of Jesus say,  
Behold, I freely give  
the living water - thirsty one,  
stoop down, and drink, and live!

I came to Jesus and I drank  
of that life-giving stream;  
my thirst was quenched, my soul revived,  
and now I live in Him.

I heard the voice of Jesus say,  
I am this dark world's Light;

look unto Me, Your morn shall rise ,  
and all your day be bright.  
I looked to Jesus, and I found  
in Him my star, my sun;  
and in that light of life I'll walk  
till travelling days are done.

Hymn 579

### **God Keeps You**

He that keeps Israel shall neither slumber nor sleep. The Lord is your keeper: the Lord is your shade on your right hand. The Lord shall preserve you from all evil: He shall preserve your soul. The Lord shall preserve your going out and your coming in from this day forward, and even for evermore.

Psalm 121 vs 4,5,7,8

## **God Moves in a Mysterious Way**

You fearful saints, fresh courage take;  
the clouds you often dread  
are big with mercy, and will break  
with blessings on your head.

Judge not the Lord by feeble sense,  
but trust Him for His grace;  
behind a frowning providence  
He hides a smiling face.

His purposes will ripen fast,  
unfolding every hour;  
the bud may have a bitter taste,  
but sweet will be the flower.

Blind unbelief is sure to err,  
and scan His work in vain;  
God is His own interpreter,  
and He will make it plain.

Hymn 105

## **Jesu Lover of My Soul**

Other refuge have I none;  
hangs my helpless soul on You;  
leave, ah! Leave me not alone,  
still support and comfort me:  
all my trust on You is stayed,  
all my help from You I bring;  
cover my defenceless head  
with the shadow of Your wing.

Plenteous grace with You is found,  
grace to cover all my sin;  
let the healing streams abound,  
make and keep me pure within:  
You of life the fountain are,  
freely let me take of You;  
spring Thou up within my heart,  
rise to all eternity.

Hymn 550

## **Righteousness of God in Him 2 Corinthians 5:21**

Christian why weep you? Are you weeping for your sin? Look to the perfect Lord, and remember, you are in God's sight perfect as if you had never sinned. The Lord our righteousness has put a divine garment upon you, granting you the righteousness of God. None of your sins can condemn you, your acceptance is not in yourself but in your Lord, who took your sin upon Himself on the cross.

You are as much accepted of God today, with all your sinfulness, as you will be when you stand before His throne in heaven, lay hold on this precious thought; Who is he that condemns? It is Christ that died, yea rather, that is risen again, Who is ever at the right hand of God, Who also makes intercession for us. Rejoice and be glad and give God all the glory.

Spurgeon

## **Never Forget the Saviour**

O thou, my soul, forget no more  
the friend who all your misery bore;  
let every idol be forgot,  
but, O my soul, forget Him not.

Jesus for you a body takes,  
your guilt assumes, your fetters breaks,  
discharging all your dreadful debt :  
and can you e'er such love forget?

Renounce your works and ways with grief,  
and fly to this most sure relief;  
nor Him forget who left His throne,  
and for your life gave up His own.

Ah no! till life itself depart,  
His Name shall cheer and warm my heart;  
and lisping this, from earth I'll rise,  
And join the chorus of the skies.

Hymn 176

## **Come to Jesus do not Delay**

Come, you sinners, poor and wretched,  
weak and wounded , sick and sore;  
Jesus ready stands to save you,  
full of pity joined with power;  
He is able,  
He is willing; doubt no more!

Come, you needy, come and welcome;  
God's free bounty glorify!  
True belief and true repentance,  
every grace that brings us nigh,  
without money,  
come to Jesus Christ and buy!

Let not conscience make you linger,  
nor of fitness fondly dream;  
all the fitness He requires,  
is to feel your need for Him:  
this He gives you;  
'tis the Spirit's rising beam!



Come, you weary, heavy-laden,  
bruised and broken by the fall;  
if you tarry till your better,  
you will never come at all:  
not the righteous -  
sinners Jesus came to call!

View Him prostrate in the garden;  
on the ground your Maker lies;  
then on Calvary's tree behold Him,  
hear Him cry, before He dies, It is finished!  
Sinner, will not this suffice?

Lo! The incarnate God, ascended,  
pleads the merit of His blood;  
venture on Him, venture wholly,  
let no other trust intrude; none but Jesus  
can do helpless sinners good.

Hymn 539

## **‘So Shall We Ever be With the Lord’**

### **1 Thessalonians 4:17**

While we are here the Lord is with us, and when we are called away we are with Him. There is no dividing the saint from his Saviour. They are one, and they always must be one: Jesus cannot be without His own people, for He would be a head without a body. Whether caught up into the air, or resting in paradise, or abiding here, we are with Jesus; and who shall separate us from Him?

What a joy is this! Our supreme honour, rest, comfort, delight, is to be with the Lord. We cannot conceive anything which can surpass or even equal this divine company. By holy fellowship we must be with Him in His humiliation, rejection, and travail, and then we shall be with Him in His glory. Before long we shall be with Him in His rest and in His royalty, in His expectation and in His manifestation.

We shall fare as He fares and triumph as He triumphs.

Oh my Lord, if I am to be forever with You, I have a destiny incomparable. I will not envy an archangel. To be for ever with the Lord is my idea of heaven at its best. Not the crowns unfading nor the light unclouded is glory to me; but Jesus, Jesus Himself, and myself forever with Him in nearness and dearest fellowship.

Spurgeon

### **Great is the Lord Our Guide**

Great is the Lord, and greatly to be praised...  
God is our God for ever and ever: He will be our guide even unto death.

Psalm 48vs1,14

### **The Lord My Strength and Shield**

The Lord is my strength and my shield; my heart trusts in Him.

Psalm 28 v 7

## **Be Still My Soul**

Be still, my soul: the Lord is on your side;  
bear patiently the cross of grief or pain;  
leave to your God to order and provide;  
in every change He faithful will remain.

Be still, my soul: your best, your heavenly Friend  
through thorny ways leads to a joyful end.

Be still, my soul: your God does undertake  
to guide the future as He has the past.

Your hope, your confidence, let nothing shake;  
all now mysterious shall be bright at last.

Be still, my soul: the waves and winds still know  
His voice who ruled them while He dwelt below.

Be still, my soul: the hour is hastening on  
when we shall be for ever with the Lord,  
when disappointment, grief and fear are gone,  
sorrow forgot, loves purest joys restored.

Be still, my soul when change and tears are past,

all safe and blessed we shall meet at last.

Hymn 790

### **Jesus My Help and My Peace**

Thou hidden source of calm repose,  
Thou all sufficient love divine,  
my help and refuge from my foes,  
secure I am, if You are mine;  
and lo! From sin, and grief, and shame,  
I hide me Jesus in Your Name.

Jesus, my all in all You are,  
my rest in toil, my ease in pain,  
the medicine of my broken heart,  
in war my peace, in loss my gain,  
my smile beneath the tyrants frown,  
in shame my glory and my crown.      Hymn 657

### **God With Us**

God said certainly I will be with you.

Exodus 3 v 12

## **Christ the Hope of Our Salvation**

In Christ alone my hope is found,  
He is my light, my strength, my song;  
this cornerstone, this solid ground,  
firm through the fiercest drought and storm.  
What heights of love, what depths of peace,  
when fears are stilled, when strivings cease!  
My Comforter, my all in all,  
here in the love of Christ I stand.

In Christ alone! – who took on flesh,  
fullness of God in helpless babe!  
This gift of love and righteousness,  
scorned by the ones He came to save:  
till on that cross as Jesus dies,  
the wrath of God was satisfied -  
for every sin on Him was laid;  
herein the death of Christ I live.

There in the ground His body lay,  
Light of the world by darkness slain:

then bursting forth in glorious day  
up from the grave He rose again!  
And as He stands in victory  
sin's curse has lost its grip on me,  
for I am His and He is mine -  
bought with the precious blood of Christ.

No guilt in life, no fear in death,  
this is the power of Christ in me;  
from life's first cry to final breath,  
Jesus commands my destiny.

No power of hell, no scheme of man,  
can ever pluck me from His hand;  
till He returns or calls me home,  
here in the power of Christ I stand!

Stuart Townend Hymn 647

### **The Lord is Able and Willing to Save**

The arm of the Lord is not too short to save, nor  
His ear deaf to hear. Isaiah 59 v 1

## **I Will be With You: I Will Not Fail You, Nor Forsake You. Joshua 1 v 5**

Beloved a life of warfare is before us, this promise guarantees us all the wisdom and prudence we shall need. Have we to contend with cunning and powerful enemies? Here is strength and valour, prowess and victory. Have we a vast heritage to win? By this sign we shall achieve our purpose the Lord Himself is with us.

It would be woe indeed if Jehovah could fail us; this can never be. On no one occasion will the Lord desert us. Happen what may, He will be at our side. Friends drop from us, their help is but an April shower; but God is faithful, Jesus is the same for ever, and the Holy Spirit abides in us, as Christians.

Come my heart, be calm and hopeful today. Clouds may gather, but the Lord can blow them away. Since God will not fail me, my faith shall



not fail; and as He will not forsake me, neither will I forsake Him. Spurgeon

### **God Cares**

Casting all your care upon him, for He cares for you. 1 Peter 5 v 7

### **God's Strength in Our Weakness**

My grace is sufficient for you: for My strength is made perfect in weakness. 2 Corinthians 12 v 9

### **My Faith Looks Up to Thee**

While life's dark maze I tread,  
and griefs around me spread,  
be Thou my guide;  
bid darkness turn to day,  
wipe sorrow's tears away,  
nor let me ever stray  
from Thee aside.

Hymn 552

## **This I Recall to my mind, Therefore Have I Hope. Lamentations 3 v 21**

Memory is frequently the bondsman of despondency. Calling to remembrance every dark foreboding in the past, and every gloomy feature in the present. This is not necessary. Wisdom can transform memory into an angel of comfort. If we exercise our memories more wisely, in our very darkest distress, we can strike a match which would kindle the lamp of comfort. If we prayerfully rake the ashes of the past, we would find light for the present; and if we would turn to the Book of Truth and the throne of grace, a candle would soon shine as before. Remember the lovingkindness of the Lord, and His deeds of grace. Let us bring to mind God's past mercy, and we shall soon be happy. When God bends our memory to His service, it may be chief among earthly comforters.

Spurgeon

## **What a Saviour**

He was pierced for our transgressions, He was  
crushed for our iniquities.

Isaiah 53 v 5

## **Eternal Life Through Christ**

God has given us eternal life, and this life is in  
His Son.

1 John 5 v 11

## **I will Sing the Wondrous Story**

I was bruised; but Jesus healed me -  
faint was I from many a fall;  
sight was gone, and fears possessed me:  
but He freed me from them all.  
Days of darkness still come o'er me;  
sorrows paths I often tread;  
but the Saviour still is with me,  
by His hand I'm safely lead.

Hymn 707

## **Complete Peace**

You will keep him in perfect peace, whose mind is fixed on You: because He trusts in You.

Isaiah 26 v 3

## **Nevertheless I am Continually With You**

### **Psalm 73 v 23**

Fully conscious of his own deceitfulness and vileness of nature, not one atom the less was it true and certain that David was saved and accepted, and the blessing of being constantly in God's presence was undoubtedly his.

Nevertheless , since I belong to Christ I am continually with God! By this is meant continually upon His mind, He is always thinking of me for my good. Continually before His eye – the eye of the Lord never sleeps, but is perpetually watching over my welfare. Continually in His hand, so that none shall be

able to pluck me from it .Continually on His heart, worn there as a memorial, even as the high priest wore the names of the twelve tribes of Israel. You always think of me, O God. Your love continually yearns towards me. You are always making providence work for my good. You have set me as a signet upon Your hand; Your love is strong as death, many waters cannot quench it; neither can the floods drown it. Surprising grace! You see me in Christ garments, washed in His blood, and so I stand accepted in Your presents. I am continually in Your favour – continually with You.

Here is comfort for the tried and afflicted soul; vexed with the tempest within – look at the calm without. Nevertheless – O say it in your heart, and take the peace it gives. Nevertheless I am continually with you.

Spurgeon

## **Lead Me Lord**

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will direct your path.

Proverbs 3 vs 5-6

## **Wait on the Lord in Trouble**

The Lord is my light and my salvation; who shall I fear? The Lord is the strength of my life; of whom shall I be afraid? Hear O Lord when I cry with my voice; have mercy also upon me, and answer me. When You said; seek My face; my heart said to You, Your face Lord, will I seek. Wait on the Lord: be of good courage, and He shall strengthen your heart: wait I say, on the Lord.

Psalms 27 vs 1,7,8,14

## **Before the Throne of God Above**

My name is graven in His hands,  
my name is written on His heart;  
I know that, while in heaven He stands,  
no tongue can bid me thence depart.

When Satan tempts me to despair,  
and tells me of the guilt within,  
upward I look, and see Him there  
who made an end of all my sin.

Because the sinless Saviour died,  
my sinful soul is counted free;  
for God the Just is satisfied  
to look on Him, and pardon me.

Hymn 296

## **Precious to God**

Behold I have graven you upon the palms of My  
hands

Isaiah 49 v 16

## **Who Shall Separate Us?**

The Spirit also helps us in our weakness. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us... And we know that all things work together for good to those who love God, to those who are called according to His purpose... If God be for us who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?...Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?.. Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death, nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

Romans 8 vs 26,28,31,32,35,37-39