

God is Our Refuge and Strength

Lessons Learnt in Life

Help and comfort for trials and distress.

Bible verses are quoted in the King James
Authorised Version

Hymn quotes are taken from Christian Hymns

This booklet contains a collection of scriptures and extracts from hymns and choruses, all conveying the precious promises of God, available to all Christians saved by the power of God through the death of our Lord Jesus Christ, God incarnate.

May it prove a light in the dark times, a strength in weakness, banishing fear and granting peace which passes all understanding, as, despite our unworthiness, we feel the love of God for us His children.

We may never see in this life the reason for our suffering, but of this we can be sure, the Lord sees the greater picture and He will bring His great purposes to pass, working all things for our good, even the bad and difficult things in our lives. We must commit our future to Him and trust Him for all that lies ahead.

Praising God in trouble may be the hardest lesson for us to learn, but it is both rewarding and uplifting, when we look away from ourselves, to God, and worship Him because of who He is, and all He has done for us, in not sparing His only Son, so that we should gain eternal life, where we will have no more tears or sorrow, but everlasting joy.

Through Experience

Most of us find the need to cling on to the Lord's precious promises found in the Scriptures at various points in our lives. With pressures of living day to day, caring and providing for family, relationships, financial pressures, health and sickness issues, bereavement, loneliness, temptations, tempests and attacks of Satan, the list is endless. To whom else could we flee but to our Lord and Saviour Jesus Christ, Who knows us better than we know ourselves. His eternal love demonstrated by His death on the cross for us, wretched sinners, knows no bounds, and can never fail. The Lord will not let go of us even if we wander far from Him. "O Love that wilt not let me go; I rest my weary soul in Thee" (hymn 803).

The collection of hymns and scriptures quoted in this booklet became very precious to me through a particular trial of illness which came very quickly and unexpectedly. I went to bed in good health but woke in the early hours very ill with a burst appendix. By the time I was admitted to

hospital, I was in agony. However, it was five days before my appendix was removed. Peritonitis was widespread, pneumonia, pleurisy and fluid on my lungs followed, with a rapid weight loss of two stone. I was not expected to live through these complications. But my life did not end there, as the Lord saw fit to spare me. The journey hasn't been an easy one. Now four years on I still have daily pain, but trust God for the unknown future. "Cast thy burden upon the Lord and He shall sustain thee; He shall never suffer the righteous to be moved" (Psalm 55v22).

Some two years prior to my illness, Julie, a dear friend of mine was diagnosed with cancer, and yet on her hospital bed she found the strength to praise God for His love and goodness. This had a profound effect upon me, I was amazed that in light of her circumstances she was able to do this. From that time on I have tried by God's grace to praise the Lord daily in all situations, particularly through the means of hymns. Even when I was too sick to hold a book or read very much, I found the words of hymns and scriptures flooding into

my mind, and I was able to sing in my heart to God and praise Him.

I remember in hospital feeling on the brink of eternity, having been stripped of all earthly possessions, not even my own bed or gown, praying to the Lord and saying, if this is my time to die, I accept it, and know that You will take care of my husband and two children: I felt peace in my heart that the Lord's will was best. However, in contrast, a few days later I was having difficulty breathing, and thinking I must sit up or I think I'm going to die. There was fear in my heart. This reminded me that death is an enemy and entered the world through sin. Although we may not fear death, in that it will bring us to the glory of heaven to be with God for ever, yet the process of death may still frighten us. But Psalm 23 says "Yea though I walk through the valley of the shadow of death I will fear no evil for Thou art with me". The Lord will not give us grace to die before we need it.

The Lord does not measure out our afflictions according to our faults, but according to our

strength. He looks not on what we deserve, but on what we are able to bear (Psalm 103v10,14). God uses affliction to loosen our grip on the world, to humble us, to teach us about sin and to cause us to seek God in earnest. When we know what it is to hurt and go through the valley of problems and difficulties, feeling crushed and broken, the hand of God is still upon us. We are not left alone to face our trials, but are supremely kept in the hand of sovereign God, He protects us, sustains our very life and will take us to glory. We need not fear the future, but live in the present, knowing that the Lord God omnipotent reigns. Can God forget us? Never, He will never leave us or forsake us (Hebrews 13v5). God neither slumbers nor sleeps, the darkness is as the light to God, and He knows my path.

My five and a half week stay in hospital was sweetened by the admission of a Christian friend on the same day and ward as myself. Our fellowship together was wonderful. When I was very ill she came to my bedside; we encouraged each other with hymns and scriptures, and when she was too ill to come to me, we sent notes to

each other via the nurses, quoting a hymn for today. Our Minister and Assistant Minister visited us regularly to read and pray with us. Many friends from the Fellowship showed love by visits or sent cards, flowers and gifts. When I eventually returned home kind friends helped with provision of food and cleaning in our home. One friend told me that although she was abroad when I was taken ill, she had been praying for me, not knowing I was desperately ill; but God knew and gave her the thought to pray for me.

Although this was physically the lowest point in my life, I would have to say that spiritually it was the highest. Knowing that no matter how low we are, underneath are the everlasting arms (Deut. 33v27) which will never let us go.

I was given opportunity to witness to countless people about the Lord - patients, visitors and staff - give out tracts and invitations to our church and to give my testimony. This continued when I was readmitted to hospital when my wound ruptured and I had to undergo more surgery a year later. "My grace is sufficient for

thee; for My strength is made perfect in weakness” (2 Cor 12v9).

It has been remarkable to see how the Lord has provided for our financial needs, and I can truly say we have lacked no good thing, praise His Name. Looking to the future on a human level tends to bring fear and depression. The Devil likes nothing better than to spread doubt and fear to take away our assurance and joy. But meditating on the promises of God can equip us to stand against the evil darts of the Devil. “Thou wilt keep him in perfect peace, whose mind is stayed on Thee, because he trusteth in Thee” (Isaiah 26v3).

Many times I have been worrying about something and I would find myself singing a verse of a hymn in my mind which dealt with the exact issue that concerned me. I am frequently helped by the words “The Lord is King, who then shall dare, resist His will distrust His care, or murmur at His wise decrees, or doubt His royal promises?” (hymn 54).

I remember one occasion walking into chapel just before a service with a heavy heart, the organist was playing the third line of “How sweet the name of Jesus sounds”(hymn 152), the words “It soothes his sorrows, heals his wounds, and drives away his fear”, came powerfully and clearly into my mind and moved my heart to tears. The Lord God comforts us so that we are able to comfort others, and draw alongside those who are hurting (2 Cor. 1v4)

Hymns are based on scripture truth and genuine experiences of God’s children. When I read through the verses of many hymns I can truly identify with the testimony of the writer, for I find that lots of scriptures, particularly the Psalms, echo the deepest feelings in my heart.

Praise God that He not only takes care of the major things in our lives but also the very minor ones too. I had managed to do a grocery shop, but as I was driving home the thought occurred to me that I could really use some help to get the shopping into the house. Although I did not pray for this, as I pulled up outside my house my

husband rang to say he was on his way home! It is often the small tokens of God's love and provision for our needs that overwhelm us with a sense of His tender loving kindness towards us. I love the verse in Psalm 78v72, "So God fed them according to the integrity of His heart; and guided them by the skilfulness of His hands".

The Lord Jesus gave precious promises to His disciples and to us also through the scriptures, knowing exactly how troubled and fearful believers can be." Let not your heart be troubled neither let it be afraid" (John 14v27).

"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 led" (hymn 707). When I am feeling overwhelmed as did the Psalmist in Psalm 55v5 I turn to this collection of scriptures and hymns to help lift my spirit, knowing that the Lord Jesus cares for me and loves me more than I could ever know, and that He is with me always however difficult my path through life may be.

“(God) only is my rock and my salvation: He is my defence; I shall not be moved. In God is my salvation and my glory: the rock of my strength, and my refuge, is in God. Trust in Him at all times; ye people, pour out your heart before Him: God is a refuge for us” (Psalm 62vs6-8).

“For Thou art great, and doest wondrous things: Thou art God alone. Teach me Thy way, O Lord; I will walk in Thy truth: unite my heart to fear Thy Name. I will praise Thee, O Lord my God, with all my heart: and I will glorify Thy Name for evermore. For great is Thy mercy toward me: and Thou hast delivered my soul from the lowest hell”(Psalm 86vs10-13).

Testimony by Andrea Cogdell.

Hymns and Scripture

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 with groaning which cannot be uttered... 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 is 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 26,28,31,32,35,37,38,39

Life's Tapestry

My life is but a weaving between the Lord and me,
I cannot choose the colours He worketh steadily.
Sometimes He weaveth sorrow and I in foolish pride,
Forget He sees the upper and I the lower side.
Not till the loom is silent and the shuttles cease to fly,
Will God unroll the canvas and explain the reason why,
The dark threads are as needful in the Weaver's skilful hands,
As the threads of gold and silver in the pattern He has planned.
He knows, He loves, He cares, nothing this truth can dim.
He gives the very best, to those who leave the choice to Him.

Unknown Author

The Sweetest Name

How sweet the name of Jesus sounds
in a believers ear!

It soothes his sorrows, heals his wounds,
and drives away his fear.

It makes the wounded spirit whole,
and calms the troubles breast;
'tis manna to the hungry soul,
and to the weary rest.

Hymn 152

Jesus Reigns

Jesus shall reign where'er the sun
doth his successive journeys run;
His kingdom stretch from shore to shore,
till moons shall wax and wane no more.

Blessings abound where'er He reigns;
the prisoner leaps to lose his chains,
the weary find eternal rest,
and all the sons of want are blest.

Hymn 310

Praise God Always

Praise, my soul, the king of heaven,
to His feet thy tribute bring;
ransomed, healed, restored, forgiven,
who like we 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 arms He gently bears us,
rescues us from all our foes:
Praise Him! Praise Him!
widely as His mercy flows.

Hymn 29

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 shall direct your paths.

Proverbs 3 vs 5-6

God is Our Refuge

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

Psalms 46 vs 1-2

Worship God

O worship the King,
all-glorious above;
O gratefully sing
His power and His love:
our Shield and Defender,
the ancient of days,
pavilioned in splendour
and girded with praise.

Frail children of dust,
and feeble as frail,
in Thee do we trust,
nor find Thee to fail;
Thy mercies how tender,
how firm to the end,
our Maker, Defender,
Redeemer and friend.

Hymn 97

A Firm Foundation

How firm a foundation, ye 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 unto 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 thy strength ever be.

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

When through the deep waters I cause thee to
go,
the rivers of woe will not thee overflow;
for I will be with thee, thy troubles to bless,
and sanctify to thee thy deepest distress.

When through fiery trials thy pathway shall lie,
my grace all-sufficient shall be thy supply;
the flame shall not hurt thee: I only design
thy dross to consume, and thy 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

Fear Not

Fear thou not; for I AM with thee; be not
dismayed; for I AM thy God; I will strengthen
thee,
yea, I will help thee; yea I will uphold thee with
the right hand of my righteousness.

Isaiah 41 v 10

Have Faith

Lord I believe; help Thou mine unbelief.

Mark 9 v 24

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 thy friends despised, forsake thee?
Take it to the Lord in prayer;
in His arms He'll take and shield thee,
thou wilt find a solace there.

Hymn 422

God is with You

The Lord, He it is that doth go before thee,
He will be with thee, He will not fail thee,
neither forsake thee; fear not, neither be
dismayed.

Deuteronomy 31 v 8

Our Faithful All Powerful God

How good is the God we adore,
our faithful, unchangeable friend!
His love is as great as His power,
and knows neither measure nor end!

'Tis Jesus, the first and the last,
whose Spirit will guide us safe home;
we'll praise Him for all that is past,
and trust Him for all that's to come.

Hymn 632

The Lord is King of All

The Lord is King; lift up thy voice,
O earth, and all ye heavens rejoice!
From world to world the joy shall ring:
'The Lord omnipotent is King!'

The Lord is King! who then shall dare
resist His will, distrust His care,
or murmur at His wise decrees,
or doubt His royal promises?

The Lord is King! child of the dust,
the Judge of all the world is just:
holy and wise are all His ways;
let every creature speak His praise.

Come, make your wants, your burdens known:
He will present them at the throne;
And angel bands are waiting there,
His messages of love to bear.

One Lord, one kingdom, all secures:
He reigns- and life and death are yours;
through earth and heaven one song shall ring,
'The Lord omnipotent is King!'

Hymn 54

Praise and Thanks to God

Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything, by prayer and supplication with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4 vs 4-7

Commit All to God

Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass. Rest in the Lord, and wait patiently for Him.

Psalms 37 vs 5,7

Today Thy Mercy Calls Us

O all-embracing mercy!
O ever-open door!
What should we do without Thee
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

Be Still

Be still and know that I am God,
be still and know that I am God,
be still and know that I am God.

I am the Lord that keepeth thee...

In Thee O Lord I put my trust...

Hymn 910

Strength For Trials

He giveth more grace when the burdens grow
greater,
He sendeth 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 giveth, and giveth and giveth 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 Healing Power of God

Sometimes a light surprises
the Christian while he sings;
it is the Lord who rises
with healing in His wings:
when comforts are declining,
He grants the soul again
a season of clear shining,
to cheer it after rain.

In holy contemplation, we sweetly then pursue
the theme of God's salvation,
and find it ever new.
Set free from present sorrow,
we cheerfully can say,
'Then let the unknown morrow
bring with it what it may.'

'It can bring with it nothing
but He will bear us through;
Who gives the lilies clothing,
will clothe His people too:
beneath the spreading heavens
no creature but is fed,

and He who feeds the ravens
will give His children bread.'

Hymn116

The Blessing of God

The Lord bless thee, and keep thee: The Lord
make His face shine upon thee, and be gracious
unto thee: The Lord lift up His countenance upon
thee, and give thee peace.

Numbers 6 vs 24 - 26

Praise the King

Praise the Lord, O my soul. While I live will I
praise the Lord: I will sing praises unto my God
while I have being. Put not your trust in the son
of man, in whom there is no help. Happy is he
that hath the God of Jacob for his help, whose
hope is in the Lord his God: Which made heaven,
and earth. Which executeth judgment for the
oppressed: which giveth food to the hungry. The
Lord looseth the prisoners: The Lord openeth the
eyes of the blind: the Lord raiseth them that are
bowed down; the Lord loveth the righteous.

Psalms 146 vs 1 - 3, 5 - 8

A Pilgrim in a Foreign Land

O God, Thou art my God alone,
early to Thee my soul shall cry,
a pilgrim in a land unknown,
a thirsty land whose springs are dry.

Yet through this rough and thorny maze
I follow hard on Thee, my God;
Thine hand unseen upholds my ways;
I safely tread where Thou hast trod.

Thee, in the watches of the night,
when I remember on my bed,
Thy presence makes the darkness light;
Thy guardian wings are round my head.

Better than life itself Thy love,
dearer than all beside to me;
for whom have I in Heaven above,
or what on earth, compared with Thee?

Praise, with my heart, my mind, my voice,
for all Thy mercy I will give.
my soul shall still in God rejoice;
my tongue shall bless Thee while I live.

Hymn 672

Lead Me to the Rock

Hear my cry, O God, listen to my prayer;
from the ends of the earth will I call to You.
Hear my cry, O God!
When my heart is overwhelmed
lead me to the rock that is higher than I.
Teach me to trust in You, to pour out my heart to
You;
You are my help, my refuge and strength.
Hear my cry, O God, listen to my prayer;
from the ends of the earth will I cry to You.
Hear my cry, O God!

Hymn 671

The Will of God

If we ask anything according to His will, He hears
us.

1 John 5 v 14

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

The Faithfulness of God

'Great is Thy faithfulness', O God my Father,
there is no shadow of turning with Thee;
Thou changest not, Thy compassions they fail
not;
as Thou hast been Thou forever wilt be.

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

Hymn 106

Fear Not

Thus saith the Lord that created thee, fear not;
for I have redeemed thee, I have called thee by
thy name; thou art Mine.

Isaiah 43 v 1

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

Join all the Glorious Names

Jesus, my great High Priest,
offered His blood and died;
my guilty conscience seeks
no sacrifice beside;
His powerful blood did once atone,
and now it pleads before the throne.

Now let my soul arise,
and tread the tempter down:
my captain leads me forth
to conquest and a crown:
a feeble saint shall win the day,
though death and hell obstruct the way.

Should all the hosts of death,
and powers of hell unknown,
put their most dreadful forms
of rage and malice on,
I shall be safe, for Christ displays
superior power and guardian grace.

Hymn 165

Thy Face Lord Would I See

Show me Thy 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 Thy 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

All Need Supplied

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

Phil 4 v 19

I AM the Way the Truth and the Life

O walk with Jesus, wouldst thou know
how deep, how wide His love can flow!
They only fail His love to prove
who in the ways of sinners rove.

Walk thou with Him; that way is light,
all other pathways end in night:
walk thou with Him; that way is rest;
all other pathways are unblest.

Jesus, a great desire have we
to walk life's troubled path with Thee:
come to us now, in converse stay;
and O walk with us day by day!

Hymn 557

God Cares

Casting all your care upon Him, for He cares for you.

1 Peter 5 v 7

Tender Mercy

The Lord is very pitiful, and of tender mercy.

James 5 v 11

Our Shield and Defender

‘We rest on Thee’, our Shield and our Defender!
We go not forth alone against the foe;
strong in Thy strength, safe in Thy keeping
tender,
‘We rest on Thee, and in Thy Name we go’.

‘We go’ in faith, our own great weakness feeling,
and needing more each day Thy grace to know;
yet from our hearts a song of triumph pealing:
‘We rest on Thee, and in Thy Name we go’.

‘We rest on Thee’, our Shield and our Defender!
Thine is the battle; Thine shall be the praise!
When passing through the gates of pearly
splendour,
Victors, we rest with Thee through endless days’.

Hymn 763

In the Arms of God

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

Deut 33 v 27

Jehovah is Thy Keeper

Unto the hills around do I lift up
my longing eyes;
O whence for me shall my salvation come,
From whence arise?
from God the Lord doth come my certain aid,
from God the Lord, Who heaven and earth hath
made.

He will not suffer that thy foot be moved:
safe shalt thou be.
No careless slumber shall His eyelids close,
who keepeth thee.
Behold our God, the Lord, He slumbereth ne'er,
Who keepeth Israel in His holy care.

Jehovah is Himself thy keeper true,
thy changeless shade;
Jehovah thy defence on thy right hand
Himself hath made.
And thee no sun by day shall ever smite,
no moon shall harm thee in the silent night.

From every evil shall He keep thy soul,
from every sin;
Jehovah shall preserve thy going out,
thy coming in.
Above thee watching, He whom we adore,
shall keep thee henceforth, yea, for evermore.

Hymn 784

The Lord My Strength and Shield

The Lord is my strength and my shield; my heart
trusteth in Him, and I am helped; therefore my
heart greatly rejoiceth; and with my song will I
praise Him.

Psalms 28 v 7

The Lord Will Not Forsake Us

Him that cometh to Me I will in no wise cast out.

John 6 v 37

Cry for Help

God will be very gracious unto thee at the voice
of thy cry; when He hears it , He will answer thee.

Isaiah 30 v 19

In Jesus is Our Strength

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

What fills my soul with gladness?
'Tis Thine abounding grace:
where can I look in sadness
but, Jesus, on Thy face?
My all is Thy providing,
Thy love can ne'er grow cold:
In Thee my refuge, hiding,
no good wilt Thou withhold.

Why should I droop in sorrow?
Thou'rt ever by my side:
why trembling dread the morrow?
What ill can e'er betide?
If I my cross have taken

'tis but to follow Thee;
if scorned, despised, forsaken,
nought severs Thee from me.

For every tribulation,
for every sore distress,
in Christ I've full salvation,
sure help and quiet rest.
No fears of foes prevailing,
I triumph, Lord, in Thee:
O Jesus friend unfailing,
how dear art Thou to me!

Hymn 658

Peace Beyond Understanding

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

John 14 v 27

Merciful God

The Lord is gracious, and full of compassion; slow
to anger, and of great mercy.

Psalms 145 v 8

O How the Grace of God

Now all my heart's desire,
is to abide
in Him, my Saviour dear,
in Him to hide;
my shield and buckler He,
covering and protecting me:
from Satan's darts I'll be
safe at His side.

Lord Jesus, hear my prayer;
Thy grace impart;
when evil thoughts arise
through Satan's art,
O drive them all away
and, do Thou from day to day,
keep me beneath Thy sway,
King of my heart.

Hymn 501

The Lord is Near

The Lord is nigh unto all them that call upon Him,
to all that call upon Him in truth.

Psalms 145 v 18

Our Guide Through Life

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 48 vs 1,14

The Lord My Strength and Righteousness

Immortal honours rest on Jesus' head,
my God, my portion, and my living Bread;
in Him I live, upon Him case my care;
He saves from death, destruction and despair.

He is my refuge in each deep distress,
the Lord my strength and glorious righteousness.
Through floods and flames He leads me safely on,
and daily makes His sovereign goodness known.

My every need He richly will supply,
nor will His mercy ever let me die;
in Him there dwells a treasure all divine,
and matchless grace has made that treasure mine.

Hymn 154

God's Strength in Weakness

My grace is sufficient for thee: for My strength is made perfect in weakness.

2 Cor 12 v 9

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 floodgates 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

Perfect Peace

Thou wilt keep him in perfect peace, whose mind
is stayed on Thee: because he trusteth in Thee.

Isaiah 26 v 3

Wonderful Love

Come, let us sing of a wonderful love,
tender and true;
out of the heart of the Father above,
streaming to me and to you:
wonderful love
dwells in the heart of the Father above.

Jesus, the Saviour, this gospel to tell
joyfully came;
came with the helpless and hopeless to dwell,
sharing their sorrow and shame;
seeking the lost,
saving, redeeming at measureless cost.

Hymn 537

The Lord Our Deliverer

But I am poor and needy: make haste unto me, O
God: Thou art my help and my deliverer;
O Lord, make no tarrying.

Psalm 70 v 5

Rose of Sharon

Jesus, Jesus, all-sufficient,
beyond telling is Thy worth;
in Thy Name lie greater treasures
than the richest found on earth.
Such abundance
is my portion with my God.

In Thy gracious face there's beauty
far surpassing everything
found in all the earths great wonders
mortal eye has ever seen.
Rose of Sharon,
Thou Thyself art heaven's delight.

Hymn 650

Praise to the Lord, the Almighty, the King

Praise to the Lord, Who doth prosper
thy work and defend thee;
surely His goodness and mercy here
daily attend thee;
ponder anew
what the Almighty can do,
who with His love doth befriend thee.

Praise to the Lord, Who, when tempests
their warfare are waging,
who, when the elements madly around
thee are raging,
biddeth them cease,
turneth their fury to peace,
whirlwinds and waters assuaging.

Hymn 28

Come to Jesus

Come unto Me, all ye that labour and are heavy
laden, and I will give you rest.

Matthew 11 v 28

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 led.

Hymn 707

The Lord Our Rock

Hear my cry, O God; attend unto my prayer. From
the ends of the earth will I cry unto Thee, when
my heart is overwhelmed: lead me to the rock
that is higher than I. For Thou hast been a shelter
for me, and a strong tower from the enemy.

Psalms 61 vs 1-3

Deliverance

Call upon Me in the day of trouble: I will deliver
thee, and thou shalt glorify Me.

Psalms 50 v 15

O Love, O Joy

O Love, that wilt not let me go,
I rest my weary soul in Thee;
I give Thee back the life I owe,
that in Thine ocean depths its flow,
may richer, fuller be.

O Joy, that seekest me through pain,
I cannot close my heart to Thee;
I trace the rainbow through the rain,
and feel the promise is not vain
that morn shall tearless be.

O Cross, that liftest up my head,
I dare not ask to fly from thee;
I lay in dust life's glory dead,
And from the ground there blossoms red
life that shall endless be.

Hymn 803

God With Us

God said, Certainly I will be with thee.

Exodus 3 v 12

Jesus My Help and Peace

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

Jesus, my all in all Thou art,
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 tyrant's frown,
in shame my glory and my crown:

Hymn 657

The Lord is My Shepherd

The Lord is my shepherd I shall not want... Surely
goodness and mercy shall follow me all the days
of my life: and I shall dwell in the house of the
Lord for ever.

Psalms 23 vs 1,6

God Moves in a Mysterious Way

Ye fearful saints, fresh courage take;
the clouds ye 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

The Lord Thinketh on Me

I waited patiently for the Lord; and He inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. And He hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the Lord. Let all those that seek Thee rejoice and be glad in Thee: let such as love Thy salvation say continually, The Lord be magnified. But I am poor and needy; yet the Lord thinketh upon me; Thou art my help and my deliverer: make no tarrying, O my God.

Psalm 40 vs 1-3,16,17

The Lord Sustains

Cast thy burden upon the Lord , and He shall sustain thee : He shall never suffer the righteous to be moved.

Psalm 55 v 22

Seek the Lord

Seek ye the Lord while He may be found, call ye upon Him while He is near: For My thoughts are not your thoughts, neither are your ways My ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts. So shall My word be that goeth forth out of My mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it. For ye shall go out with joy, and be led forth with peace:

Isaiah 55 vs 6,8,9,11,12

Chorus

You are my hiding place,
You always fill my heart with songs of deliverance
when ever I'm afraid.
I will trust in You, I will trust in You.
You let the weak say,
I am strong in the strength of my God.

Unknown Author

Be Still My Soul

Be still, my soul: the Lord is on thy side;
bear patiently the cross of grief or pain;
leave to thy God to order and provide;
in every change He faithful will remain.
Be still, my soul: thy best, thy heavenly Friend
through thorny ways leads to a joyful end.

Be still, my soul: thy God doth undertake
to guide the future as He has the past.
Thy hope, thy 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

Perfect Peace

Peace, perfect peace, in this dark world of sin?
The blood of Jesus whispers peace within.

Peace, perfect peace, by thronging duties pressed?
To do the will of Jesus, this is rest.

Peace, perfect peace, with sorrows surging
round?
On Jesus' bosom nought but calm is found.

Peace, perfect peace, with loved ones far away?
In Jesus' keeping we are safe, and they.

Peace, perfect peace, our future all unknown?
Jesus we know, and He is on the throne.

Peace, perfect peace, death shadowing us and
ours?
Jesus has vanquished death and all its powers.

It is enough: earth's struggles soon shall cease,
and Jesus call us to heaven's perfect peace.

Hymn 692

Jesus, I am Resting, Resting

Simply trusting Thee Lord Jesus,
I behold Thee as Thou art,
and Thy love, so pure so changeless,
satisfies my heart;
satisfies its deepest longings,
meets, supplies its every need,
compasseth me round with blessings;
Thine is love indeed!

Jesus, I am resting, resting
in the joy of what Thou art;
I am finding out the greatness
of Thy loving heart.

Ever lift Thy face upon me,
as I work and wait for Thee;
resting 'neath Thy smile, Lord Jesus,
earth dark shadows flee.
Brightness of my Fathers glory,
sunshine of my Fathers face,
Keep me ever trusting, resting;
fill me with Thy grace.

Hymn 649

The Depth of God's Love

How deep the Father's love for us,
how vast beyond all measure,
that He should give His only Son
to make a wretch His treasure.
How great the pain 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 from His reward?
I cannot give an answer,
but this I know with all my heart,
His wounds have paid my ransom.

Hymn 493

JEHOVAH God

Trust ye in the Lord for ever: for in the Lord
JEHOVAH is everlasting strength.

Isaiah 26 v 4

Wait on the Lord in Trouble

The Lord is my light and my salvation; whom 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 Thou said seek ye My face; my heart said unto Thee, Thy face Lord, will I seek. Wait on the Lord: be of good courage, and He shall strengthen thine heart: wait I say, on the Lord.

Psalm 27; vs 1,7,8,14

God Keepeth Thee

He that keepeth Israel shall neither slumber nor sleep. The Lord is thy keeper: the Lord is thy shade upon thy right hand. The Lord shall preserve thee from all evil: He shall preserve thy soul. The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.

Psalm 121 vs 4,5,7,8