



## *For Further Study*

Read and meditate on the passage below:

- 1 In the Lord I take refuge.  
How then can you say to me:  
“Flee like a bird to your mountain.
- 2 For look, the wicked bend their bows;  
they set their arrows against the strings  
to shoot from the shadows  
at the upright in heart.
- 3 When the foundations are being destroyed,  
what can the righteous do?”
- 4 The Lord is in his holy temple;  
the Lord is on his heavenly throne.  
He observes everyone on earth;  
his eyes examine them. (Psalm 11:1-4)

This psalm speaks of turning to God in times of trouble. The psalmist says that he will take refuge in the Lord. He speaks of a bird that flies away to the mountains. The temple was built on a mountain, which was oftentimes seen as a metaphor of going “up” to God. So, the psalmist finds safety in going to God with his struggles.

Others are out to get him. They shoot their bows, but the psalmist is protected in the heights of God’s dwelling. The foundations, or low points, are under seige, but the psalmist is safe in the mountainous domain of the Lord. The Lord is in his holy temple, and there is “sanctuary” for his people there. The evil actions of those who seek harm do not go unnoticed. Rather, God, who reigns from his highly exalted throne, observes everything that is happening below.

When you consider God’s provisional care of you, how do you feel? Think about God’s goodness and watchcare over you as his child.

### **PRACTICE:**

Thank God for his protection and care for you and turn to him.

