

Weekly Devotions: THE REFINING FIRE OF TRIALS 15

God Is Your Rock in Times of Trouble

Imagine you slipped and fell into a river. The current is strong and you are swept downstream very quickly. You desperately reach out to grab at anything that will stop you from being swept away and drowning.

The feeling is the same when you are hit by a sudden crisis, for example, you have been retrenched, or diagnosed with terminal illness. You go into a state of shock and confusion; you don't know what to do or where to look for help. You need to hang on to something sturdy, something that will bring stability, order into your lives. In such times, you will know God is the Rock in whom only you can experience stability and security because He is God Almighty who rules over all things.

In the bible, the image of the Rock is often used to describe God. The rock is something solid & sturdy, providing a strong foundation. It is a hiding place, giving us security. In the desert, the sight of a rock in the barren and hot wilderness brings great joy and relief to the weary traveler as it gives shade from the hot sun. When our lives become topsy-turvy the best place to be is God's presence. He is the Rock and in His presence we will feel safe and refreshed.

Read Psalm 18: 1-19

In Psalm 18 David looked back over the many times God had delivered him from danger. He gave thanks to God for His faithfulness and being there with him and for him in his troubles. God had protected David from his enemies, first from Saul and later his son Absalom who hunted him down to kill him. In the Psalm, which is a song of praise and thanksgiving, David repeatedly described God as his Rock in times of danger and uncertainty, shielding him from harm and death. King David knew what it was to be a fugitive in the desert and worshiped God as the Rock in whom he found shelter and safety. He thanked God for rushing to his rescue every time he cried out to Him in his distress and for shielding him from the attacks of his enemies.

Questions to Ponder

1. Who is God to David and how did He help David in his times of trouble (1-3)? Which of David's descriptions of God mean the most to you? Why?
2. How did David feel in his distress and what did he do (4-6)? What did David say about God's response to his cry for help (6-15)?
3. What can we be sure of when we cry out to God for help (16-19)? Was there a time when you felt overwhelmed by your problems? In what ways has God been your Rock, shielding and rescuing you from harm and danger?