

Finding Safety In Our Cave Of Comfort

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea; though its waters roar and be troubled, though the mountains shake with its swelling.” **Psalm 46:1-3 (NKJV)**

I. Introduction

“You don't have to be alone in your hurt! Comfort is yours. Joy is an option. And it's all been made possible by your Savior. He went without comfort so you might have it. He postponed joy so you might share in it. He willingly chose isolation so you might never be alone in your hurt and sorrow.”

---Joni Eareckson Tada

*“In the midst of the awesomeness, a touch comes, and you know it is the right hand of Jesus Christ. You know it is not the hand of restraint, correction, nor chastisement, but the right hand of the Everlasting Father. Whenever His hand is laid upon you, it gives inexpressible peace and comfort, and the sense that "underneath are the everlasting arms," (**Deuteronomy 33:27**) full of support, provision, comfort and strength.”---Oswald Chambers*

II. Five Comforting Truths to Cling to in Life's Battles

1. You can always trust God to help when _____

*“Have mercy on me, O God, have mercy! I look to you for protection. I will hide beneath the shadow of your wings until the danger passes by. I cry out to God Most High, to God who will fulfill his purpose for me. He will send help from heaven to rescue me, disgracing those who hound me. Interlude My God will send forth his unfailing love and faithfulness...**My heart is confident in you**, O God; my heart is confident...” **Psalm 57:1-3; 7 (NLT)***

“Snuggle in God's arms. When you are hurting, when you feel lonely, when you feel left out. Let Him cradle you, comfort you, reassure you of His all-sufficient power and love.”---Kay Arthur

2. God's hands can always _____

“I am scorned by all my enemies and despised by my neighbors— even my friends are afraid to come near me. When they see me on the street, they run the other way. I am ignored as if I were dead, as if I were a broken pot. I have heard the many rumors about me, and I am surrounded by terror. My enemies conspire against me, plotting to take my life. But I am trusting You, O LORD, saying, “You are my God!” My future is in Your hands. Rescue me from those who hunt me down relentlessly.”

Psalm 31:11-15 (NLT)

"God will not permit any troubles to come upon us, unless He has a specific plan by which great blessing can come out of the difficulty." – Peter Marshall

"God has a purpose behind every problem. He uses circumstances to develop our character. In fact, he depends more on circumstances to make us like Jesus than he depends on our reading the Bible."

– Rick Warren

3. You can always trust that God's hands will _____

*"Fear not, for I am with you. Do not be dismayed. I am your God. **I will strengthen you**; I will help you; **I will uphold you with My victorious right hand**." Isaiah 41:10 (LB)*

*"I pray that out of his glorious riches **He may strengthen you with power** by His Holy Spirit in your innermost being..." Ephesians 3:16*

*"**I can do all things through Christ** who strengthens me." Philippians 4:13 (NKJV)*

4. You can always trust that God's hands will _____

*"Though I am surrounded by troubles, you will protect me from the anger of my enemies. **You reach out Your hand**, and **the power of Your right hand saves me**." Psalm 138:7 (NLT)*

*"**He restores my soul**; He leads me in the paths of righteousness For His name's sake." Psalm 23:3*

*"I think you ought to know, dear brothers, about **the hard time we went through in Asia**. We were really crushed and overwhelmed, and feared we would never live through it. We felt we were doomed to die and saw how powerless we were to help ourselves; **but that was good, for then we put everything into the hands of God**, who alone could save us, for he can even raise the dead. **And He did help us** and saved us from a terrible death; yes, **and we expect Him** to do it again and again." II Corinthians 1:8-10 (LB)*

*"**For You have delivered my soul from death**; You have kept my feet from slipping. So now I can walk in Your presence, O God, in Your life-giving light." Psalm 56:13*

5. God's faithful hand in our lives _____ *"**My heart is confident in You, O God**; my heart is confident. No wonder I can sing your praises! Wake up, my heart! Wake up, O lyre and harp! I will wake the dawn with my song. I will thank you, Lord, among all the people. I will sing your praises among the nations. For your unfailing love is as high as the heavens. Your faithfulness reaches to the clouds." Ps.57:7-10*

"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?...Even if a whole army surrounds me, I will not be afraid; even if enemies attack me, I will still trust God." Psalm 27:1 & 3

Answer Key:

1. life hurts
2. be trusted
3. uphold you
4. deliver you
5. should be celebrated

