

SEEK REFUGE

Psalms 91: 1-2 (ESV)

Monday, March 11, 2019

“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.”

In August of 2018, I officially started my college career as a freshman at West Virginia Wesleyan College. I'm sure many of you can relate when I say that it has been one of the greatest experiences of my life; however, it can also be one of the most terrifying. In the first week, I can't tell you how many nervous breakdowns I had. I specifically remember sitting in the library and saying to myself, “Why in the WORLD am I here?” I was suffering from MAJOR home sickness. All I could think about is how badly I wanted to go back to my hometown and transfer to Marshall.

That night I went to my dorm with red and puffy eyes (the result of the perfect combination of tree pollen and tears) and I jumped on my bed. I began scrolling through my Facebook to catch up on what all had happened back home. Through my scrolling, I stumbled upon Pastor Ross Thornton's daily words of encouragement. In his message, he was encouraging his viewers to throw all of their stress and worries away and find peace in the love of Christ. I felt every ounce of tension vacate my body. I remembered that I could find *refuge* in the love that Christ has for me.

So, in conclusion, I would like to remind all of you, my brothers and sisters in Christ, that no matter what stress you find yourself in, no matter how alone you feel, no matter how little hope you have left, God *always* has your back.

Prayer: Gracious and loving God, We ask for you to watch over us as we continue through this journey called life. We know that this journey often has ups and downs. We thank you for bringing us to the highest highs; and we thank you for being with us when we are stuck in the lowest of lows. Let us continue to seek refuge in your loving arms. It's in Christ's name that we pray, Amen.

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