

Christ Our Rock of Refuge-2

CHRIST OUR ROCK OF REFUGE (part 2): This post is a continuation of the study of Christ our Rock of Refuge. Looking at the Names of Jesus is like looking through a kaleidoscope, for with every twist of the tube, the bits of colored glass change position, each twist revealing a beautiful new pattern. In a similar way, studying Jesus' Names such as Rock (1Cor 10:4-[note](#)) is like looking through a "divine kaleidoscope", wherein we behold His matchless beauty "new every morning," (Lam 3:23-[note](#)), as each day the Spirit illumines some new shade of glory of the Glorious One (Ps 72:19-[note](#)), the One Whose "Name (is) Wonderful." (Isa 9:6KJV-note). "How precious is Your lovingkindness (Your steadfast love), O God! The children of men take REFUGE in the shadow of Your wings." (Ps 36:7-[note](#)) Indeed, "Let all who TAKE REFUGE in Thee rejoice. Let them ever sing for joy. Shelter them, so that those who love Thy NAME may exult in Thee." (Ps 5:11-[note](#)) In light of the truth that Christ is our "place of REFUGE from the stormy wind and tempest" (Ps 55:8-[note](#)), prayerfully ponder Isaac Watts' wonderful words...

Our God, our Help in ages past,
Our Hope for years to come,
Our SHELTER from the stormy blast,
And our eternal Home.

And so we pray...

Our God, our Help in ages past,
Our Hope for years to come,
Be Thou our GUARD while life shall last,
And our eternal Home

OUR ROCK OF REFUGE IN THE STORMS OF LIFE: Have you seen the dramatic picture of the lighthouse off the Brittany Coast? The photo was taken during a fierce Atlantic storm which sent huge waves pounding against the mammoth rock structure, seemingly swallowing it up. And yet on the sheltered side, surrounded by the frothing waves, stands the lighthouse keeper, serenely staring at the shore while the enormous waves crash all around! (click picture above to enlarge to see the keeper safe in the shelter) In the same way, Jesus is our "Refuge FROM the storm" (Isa 25:4-[note](#)), yea, even our Refuge DURING the "storms" of physical affliction, emotional turmoil or spiritual attack. In Christ our Rock of Refuge we can endure any trial with the calm assurance that the Rock of Ages Who shields us cannot be moved. When we rest by faith in this truth, we experience the peace of God which surpasses all human understanding (Php 4:7-note) even when surrounded by the cacophony of "crashing" circumstances. As someone has well said Jesus may calm the storm around us, but more often (and even better!) His Spirit will calm the storm within us. Praise the Lord, that even when all around us seems to be like shifting sand, we are always safe when we run into the Rock of our Refuge, Christ Jesus, the One Who "holds all creation together" (Col 1:17NLT-note) and "sustains everything by the mighty power of His command." (Heb 1:3NLT-note)!

OUR UNSHAKEABLE ROCK OF REFUGE: The story is told of an ocean liner that sank off the southwest coast of England, taking the lives of many of the passengers. A 16 yo galley worker was tossed onto the rugged coast line and survived by clinging to a large rock throughout the long, cold night. When rescued, he was asked "Didn't you shake during the night while you were clinging to the rock?" The boy replied "Yes, I shook, but the rock never shook once!" The hymn-writer affirms that "Often on the Rock I tremble—faint of heart, and weak of knee; But the mighty Rock of Ages never trembles under me." Let us pray as did David "Have mercy on me, O God, have mercy, for IN YOU my soul takes REFUGE ("my soul trusteth in Thee" - Spurgeon says this is "the feather on the arrow of prayer that guides straight to the heart of God.") and in the shadow of Your wings (just as the little chick hides beneath its mother's wing and knows no fear) I will take REFUGE, until this violent storm is past (afflictions and calamities, like storms come and go)." (Ps 57:1-[note](#)). Indeed, Spurgeon reminds us that "calamities will pass over, and that the worst calamity will not last forever. We shall think differently of these rough times by-and-by; we ought not to give up in despair and cast away our confidence while we are in the thick of the fight." While we will not always experience "fair weather" in this life, neither will it always be foul! In fair or foul, Father, by Thy Spirit enable us to fly to the Rock that is higher than us! (Ps 61:2-[note](#)) Amen

OUR ROCK OF REFUGE, OUR VERY PRESENT HELP: The psalmist reminds us that "God is our REFUGE and Strength, a very present Help in trouble." (Ps 46:1-[note](#)) Spurgeon comments that "Help which is not PRESENT when we need it is of small value. The anchor which is left at home is of no use to the seaman in the hour of storm; the money which he used to have is of no worth to the debtor when a writ is out against him. Very few earthly helps could be called "VERY PRESENT." They are usually far in the seeking, far in the using, and farther still when once used. But as for (Christ our Rock of Refuge), He is present when we seek Him, present when we need Him, and present when we have already enjoyed His aid. He is more than "present." He is VERY PRESENT: more present than the nearest friend can be, for He is in us in our trouble; more present than we are to ourselves, for sometimes we lack presence of mind. He is always present, effectually present, sympathetically present, altogether present. He is present now if

this is a gloomy season. Let us rest ourselves upon Him (Ps 37:7-note). He is our REFUGE: Let us hide in Him (Ps 27:5-note). He is our Strength: Let us array ourselves with Him (Ro 13:14-note). He is our Help: Let us lean upon Him (Isa 48:2-note). He is our very present Help; let us repose in Him now (Ps 116:7-note). We need not have a moment's care or an instant's fear. "The Lord of hosts is with us; the God of Jacob is our REFUGE. Selah (Pause and Ponder this truth) (Ps 46:7KJV-note)"

Father, grant that just as the young man in the storm discovered a safe haven in the physical sense, the Spirit might enable us to daily experience that when we have nothing else to cling to but Jesus our Rock, we find that He is ever enough! Amen

God is the REFUGE of His saints,
When storms of sharp distress invade;
Ere we can offer our complaints,
Behold Him PRESENT with His aid.

CHRIST OUR ROCK, THE ONLY SAFE REFUGE FROM OUR ENEMIES The defenseless rock badger provides a poignant picture of Christ our ROCK OF REFUGE: Proverbs 30:26-note says "The rock badgers (coney, hyrax) are not mighty folk, yet they make their houses in the rocks." Spurgeon writes "Conscious of their own natural defenselessness, the badgers resort to burrows in the rocks and are secure from their enemies. The little badger, when it has once run into the cleft, has the whole strength of the mountain to protect it. Outside the rock it is helpless enough; inside the rock it is perfectly safe. The least suspicion of danger sends the badgers scampering into their holes. So at every sight or sound (or temptation) of evil we should fly at once to the Rock of Ages! Hawks and eagles prey upon the rock badger, so they never venture far from the mouth of their hole. Christ is our Rock: Never venture far from His safe keeping! My heart, be willing to gather a lesson from these feeble folk. We are as weak and as exposed to peril as the timid badgers, so we must be as wise to seek a shelter in the cleft of the Rock. Our best security is within the rampart of an immutable Jehovah, where His unalterable promises stand like giant walls of rock. It will be well with our heart, if we always seek to hide ourselves in the bulwarks of His glorious attributes, all of which are guarantees of safety for those who put their trust in Him (Ps 56:3-4-note). Blessed be the name of the Lord (Job 1:21-note), I have so done, and have found myself like David in the cave of Adullam (1Sa 22:1-note), safe from the cruelty of my enemy; for long ago, when Satan and my sins pursued me, I fled into the cleft of the ROCK Christ Jesus, and in His riven side I found a delightful resting-place. Let your heart run to Him anew today, whatever your present grief may be. Jesus feels for you (Heb 4:15-note). Jesus consoles you. Jesus will help you (Heb 2:18NIV-note). No monarch in his impregnable fortress is more secure than the badger in his rocky burrow. The master of ten thousand chariots is not one whit better protected than the little dweller in the mountain's cleft. In Jesus the weak are strong (2Cor 12:9-10-note), and the defenseless safe; they could not be more strong if they were giants, or more safe if they were in heaven. Faith gives to men on earth the protection of the God of heaven. More they cannot need, and need not wish. The badgers cannot build a castle, but they avail themselves of what is there already: I cannot make myself a REFUGE, but Jesus has provided it, His Father has given it, His Spirit has revealed it, and lo, again today let us enter it, and be safe from every foe. Abide in the rifts of the Rock of Ages and let nothing tempt you to quit your stronghold. Little children abide in Him (1Jn 2:28-note)."

Indeed, "He who dwells in the SHELTER of the Most High will abide in the shadow of the Almighty," (Ps 91:1-note) "the shadow of a great rock" (Isa 32:2KJV-note), the "Rock of Ages" (Isa 26:4YLT-note), Christ Jesus!

The Lord of Hosts is on our side,
Our safety to secure;
The God of Jacob is for us,
A REFUGE strong and sure!

RUN TO CHRIST OUR ROCK FOR REFUGE: There is a beautiful picture of Christ as our ROCK OF REFUGE in the book of Numbers where God designates "six cities for REFUGE, so that anyone who kills a person unintentionally may flee there" (Nu 35:15-note), and be safe from the blood avenger (Goel) (Nu 35:25-note). Today Jesus Christ is our "City of Refuge," for in the book of Hebrews we read that all who have been saved by God's grace through faith in Jesus "have fled for REFUGE in laying hold of the hope ("Jesus Christ our Hope" 1Ti 1:1YLT-note) set before them" (Heb 6:18-note). We "also once were" that "manslayer" (Titus 3:3-note), for "such were some of us" (1Cor 6:11-note), "but now IN Christ Jesus" (Eph 2:13-note), our ROCK OF REFUGE, we who formerly were far off now are eternally safe from the judgment of God and the wages of sin which is death (Ro 6:23-note). As Spurgeon says this is beautiful "picture of the security of those who rest in Jesus, the Refuge of guilty souls." As long as the manslayer remained in the CITY OF REFUGE, he was safe, but if he decided to leave the city he was not safe from vengeance (Read Nu 35:26-28-note). So too we are safe as long as we abide in the Rock of our Salvation. But we can expose ourselves to temptations by failing to "abide in Christ," (cp 1Jn 2:28-note), by choosing our will over God's will. As Warren Wiersbe says "the safest place in the world is in the will of God!" (Eph 5:17-note, Ro 12:2-note) John Trapp adds that "Christ is our asylum, to Whom running for refuge, when pursued by the guilt of an evil conscience, we are safe. If we are in Christ the Rock, temptations, as waves, dash upon us, but break themselves."

[Jesus, Lover of My Soul](#), let me to Thy bosom fly,
 While the nearer waters roll, while the tempest still is high.
 Hide me, O my Savior, hide, till the storm of life is past;
 Safe into the haven guide; O receive my soul at last.

Other REFUGE have I none, hangs my helpless soul on Thee;
 Leave, ah! leave me not alone, still support and comfort me.
 All my trust on Thee is stayed, all my help from Thee I bring;
 Cover my defenseless head with the shadow of Thy wing.

Thou, O Christ, art all I want, more than all in Thee I find;
 Raise the fallen, cheer the faint, heal the sick, and lead the blind.
 Just and holy is Thy Name, I am all unrighteousness;
 False and full of sin I am; Thou art full of truth and grace.

Plenteous grace with Thee is found, grace to cover all my sin;
 Let the healing streams abound; make and keep me pure within.
 Thou of life the fountain art, freely let me take of Thee;
 Spring Thou up within my heart; rise to all eternity.

Play Charles Wesley's beautiful hymn "[Jesus, Lover of My Soul](#)" sung by Fernando Ortega.

- [Christ Our Rock of Refuge \(Part 1\)](#)
- [Christ The Smitten Rock](#)
- [Christ The Rock of Our Salvation](#)
- [Discussion of the image of a rock](#) - from [The Dictionary of Biblical Imagery](#) (on internet - an outstanding resource)

'Tis he, the Lamb, to him we fly,
 While the dread tempest passes by:
 God sees His Well-Beloved's face,
 And spares us in our hiding-place.

Refuge (04733) (**miqlat**) is a masculine noun that refers to a refuge, a place of safety and security. An asylum where a person guilty of manslaughter could flee for protection from the blood avenger (the goel)

REFUGE is from a Latin word meaning to escape and depicts a place which provides shelter or protection from trouble, danger or distress.

TWOT - Miqlat should be distinguished from maseh, a place of refuge for man and/or animals, mānôš, a place of escape to which one flees, and mišgāb, a place which is strong or high and, hence, inaccessible.

Lxx often uses phugadeuterion - place of refuge

Miqlat - 20x in 20v - all translated "refuge" in NAS

Numbers 35:6 "The cities which you shall give to the Levites shall be the six cities of refuge, which you shall give for the manslayer to flee to; and in addition to them you shall give forty-two cities.

11 then you shall select for yourselves cities to be your cities of refuge, that the manslayer who has killed any person unintentionally may flee there.

12 'The cities shall be to you as a refuge from the avenger, so that the manslayer will not die until he stands before the congregation for trial.

13 'The cities which you are to give shall be your six cities of refuge.

14 'You shall give three cities across the Jordan and three cities in the land of Canaan; they are to be cities of refuge.

15 'These six cities shall be for refuge for the sons of Israel, and for the alien and for the sojourner among them; that anyone who kills a person unintentionally may flee there.

25 'The congregation shall deliver the manslayer from the hand of the blood avenger, and the congregation shall restore him to his

city of refuge to which he fled; and he shall live in it until the death of the high priest who was anointed with the holy oil.

26 'But if the manslayer at any time goes beyond the border of his city of refuge to which he may flee,

27 and the blood avenger finds him outside the border of his city of refuge, and the blood avenger kills the manslayer, he will not be guilty of blood

28 because he should have remained in his city of refuge until the death of the high priest. But after the death of the high priest the manslayer shall return to the land of his possession.

32 'You shall not take ransom for him who has fled to his city of refuge, that he may return to live in the land before the death of the priest.

Joshua 20:2 "Speak to the sons of Israel, saying, 'Designate the cities of refuge, of which I spoke to you through Moses,

3 that the manslayer who kills any person unintentionally, without premeditation, may flee there, and they shall become your refuge from the avenger of blood.

Joshua 21:13 So to the sons of Aaron the priest they gave Hebron, the city of refuge for the manslayer, with its pasture lands, and Libnah with its pasture lands,

21 They gave them Shechem, the city of refuge for the manslayer, with its pasture lands, in the hill country of Ephraim, and Gezer with its pasture lands,

27 To the sons of Gershon, one of the families of the Levites, from the half-tribe of Manasseh, they gave Golan in Bashan, the city of refuge for the manslayer, with its pasture lands, and Be-eshterah with its pasture lands; two cities.

32 From the tribe of Naphtali, they gave Kedesh in Galilee, the city of refuge for the manslayer, with its pasture lands and Hammoth-dor with its pasture lands and Kartan with its pasture lands; three cities.

38 From the tribe of Gad, they gave Ramoth in Gilead, the city of refuge for the manslayer, with its pasture lands and Mahanaim with its pasture lands,

1 Chronicles 6:57 To the sons of Aaron they gave the following cities of refuge: Hebron, Libnah also with its pasture lands, Jattir, Eshtemoa with its pasture lands,

67 They gave to them the following cities of refuge: Shechem in the hill country of Ephraim with its pasture lands, Gezer also with its pasture lands,

Refuge (noun) ([04268](#)) (**machaseh** from **chasah** = to seek refuge) is a masculine noun which means literally a place of refuge, shelter from danger, etc (Job 24:8). Most of the uses are figurative and depict God as the our **Refuge** or Shelter, a sure place of safety, protection, security. In a bad sense it describes those who "have made falsehood (their) refuge." (Isa 28:15). The idea is that the place of refuge is where we place our confidence, our trust, our hope (Lxx translates the Hebrew with the Greek noun for hope, not "hope so" but "hope sure" is the inherent sense of Biblical hope, at least in the majority of the NT uses.)

Gilbrant - In eighteen occurrences, the noun refers to Yahweh as the figurative refuge of the righteous. One of the two exceptions is found in Ps. 104:18, as Yahweh's creative power is celebrated, including his creation of rocks as shelter for the rock badger. The other occurrence is a simile in which Job compares the oppressed righteous waiting for divine vindication to the wild donkeys seeking shelter from the cold rain. Yahweh is a Refuge for the righteous in a number of senses. Those who dwell in his protective shadow are safe from all the enemies of the righteous (e.g., Ps. 91:2). There is no fear in the time of divine wrath (e.g., Isa. 4:6; Joel 3:16). The oppressed seek his shelter and protection (e.g., Ps. 14:6; Isa. 25:4; Jer. 17:17). Anyone who builds a refuge on anything aside from Yahweh is in trouble, as in the case of the elite of the northern kingdom of Israel, who built their refuge in lies, a shelter which Yahweh would, in his righteous wrath, utterly destroy (Isa. 28:15ff). In contrast, one is reminded, "In the fear of the Lord there is strong confidence, and his children will have a refuge" (Prov. 14:26, NASB). ([Complete Biblical Library Hebrew-English Dictionary](#))

Ryken writes that...

A safe place into which to run is a universal need for all creatures, including human beings. We can all remember childhood games in which there was a place where one was "safe" and could not be touched by a pursuer or opponent. "Out there" was danger, but to reach the sanctuary or haven (even if it was only a circle drawn in the dust) meant security. ([Dictionary of biblical imagery](#))

The **Septuagint (Lxx)** translates **machaseh** with **elpis** = hope and **boethos** = help.

Machaseh - 20x in 20v - NAS translates as refuge (19) and shelter (1)

Job 24:8 "They are wet with the mountain rains And hug the rock for want of a **shelter**.

Psalms 14:6-[note](#) You would put to shame the counsel of the afflicted, But the LORD is his **refuge** (Lxx = hope = elpis).

Psalms 46:1-[note](#) For the choir director. A Psalm of the sons of Korah, set to Alamoth. A Song. God is our **refuge** (Lxx = kataphuge = refuge, safe retreat, sure refuge, way of escape - used in Ex 17:15, Nu 35:27-28, Dt 19:3, 2Sa 22:3) and strength, A very present help in trouble.

Psalms 61:3-[note](#) For You have been a **refuge** (Lxx = hope = elpis) for me, A tower of strength against the enemy.

Psalms 62:7-[note](#) On God my salvation and my glory rest; The rock of my strength, my **refuge** (Lxx = hope = elpis) is in God. **8** Trust in Him at all times, O people; Pour out your heart before Him; God is a **refuge** (Lxx = help = boethos) for us. Selah.

Psalms 71:7-[note](#) I have become a marvel to many, For You are my strong **refuge** (Lxx = help = boethos) .

Psalms 73:28-[note](#) But as for me, the nearness of God is my good; I have made the Lord GOD my **refuge** (Lxx = hope = elpis), That I may tell of all Your works.

Psalms 91:2-[note](#) I will say to the LORD, "My **refuge** (Lxx = hope = elpis) and my fortress, My God, in whom I trust!"

Psalms 91:9-[note](#) For you have made the LORD, my **refuge** (Lxx = hope = elpis), Even the Most High, your dwelling place.

Psalms 94:22-[note](#) But the LORD has been my stronghold, And my God the rock of my **refuge** (Lxx uses two Greek words to translate machaseh help = boethos and hope = elpis).

Psalms 104:18-[note](#) The high mountains are for the wild goats; The cliffs are a **refuge** (Lxx = kataphuge = refuge, safe retreat, sure refuge) for the rock badger.

Comment: If God provides a safe refuge for the wild animals, how much more will He do so for those whom He calls "beloved?"

Psalms 142:5-[note](#) I cried out to You, O LORD; I said, "You are my **refuge** (Lxx = hope = elpis), My portion in the land of the living.

Proverbs 14:26 In the fear of the LORD there is strong confidence, And his children will have **refuge** (Lxx = ereisma = a prop, stay, support - used of the props to keep a boat on shore upright).

Isaiah 4:6 (Context Isa 4:5, Read Isa 4:1-4-see commentary notes) There will be a shelter to give shade from the heat by day, and **refuge** (Lxx = skepe = shelter, covering, protection) and protection from the storm and the rain.

Comment: This passage refers to the canopy that God will spread over Zion in the Millennial Reign of Christ.

Isaiah 25:4 For You have been a defense for the helpless, A defense for the needy in his distress, **Arefuge** (Lxx = skepe = shelter, covering, protection) from the storm, a shade from the heat; For the breath of the ruthless is like a rain storm against a wall.

Isaiah 28:15 Because you have said, "We have made a covenant with death (Wow! A binding agreement with death!), And with Sheol we have made a pact. The overwhelming scourge will not reach us when it passes by, For we have made falsehood our **refuge** (Lxx = skepe = shelter, covering, protection) and we have concealed ourselves with deception."

Comment: They made "falsehood" their refuge, their hope! This is a picture of just how deceiving sin can be! Beware when you begin to "toy" with sin! The Hebrew word for "falsehood" is translated as deception and deceptive! The following verse speaks of the fate of a refuge of falsehood! Be sure your sin will find you out! Be sure you will reap what you sow!

Isaiah 28:17 "I will make justice the measuring line And righteousness the level; Then hail will sweep away the **refuge** of lies And the waters will overflow the secret place.

Jeremiah 17:17 Do not be a terror to me; You are my refuge (Lxx = pheidomai = means something like "the one who spares someone from something") in the day of disaster.

Joel 3:16 The LORD roars from Zion And utters His voice from Jerusalem, And the heavens and the earth tremble. But the LORD is a refuge (Lxx = pheidomai = means something like "the one who spares someone from something", Jehovah is a "Sparer") for His people And a stronghold to the sons of Israel.

Refuge (verb form) ([02620](#)) (**chasah**) means to flee for protection. The picture is that of one who confides or puts their trust in another (usually God - see 36 uses below). The verb can mean to put trust in or have hope in (this would be one's attitude or mindset) but can also mean to flee for protection to (this would be one's action consistent with a mind that trusted & hoped in God).

God is ever the sole refuge of His people and trust in Him protects the "trustee!" It is always better to trust in God rather than to trust (batah) in princes (Ps 118:8-9).

In 2Sa 22:31 the Septuagint translates chasah with peitho (to come to a settled persuasion concerning some truth or fact).

With one exception (Isa 30:2) chasah refers to the Lord as the One in Whom refuge is sought and is portrayed by various metaphors - Rock (Dt 32:37, 2Sa 22:3, Ps 18:2), Wings (cp a "mother hen" protecting her chicks Ru 2:12, Ps 36:7, Ps 57:1, Ps 61:4, Ps 91:4), Shield (Ps 144:2, 2Sa 22:31, Ps 18:30, Pr 30:5 - paralleled with the "Word of God"), at God's "right hand" (Ps 17:7),

Those who take refuge in Jehovah are those who fear (reverential awe and respect) Him (Ps 31:19), those who are His servants (Ps 34:22, 64:10), those who trust in God rather than men (Ps 118:8,9), the righteous (Pr 14:32), afflicted (Isa 14:32), "a humble and lowly people" (Zeph 3:12). To seek refuge" stresses the insecurity and helplessness of even the "strongest" individual.

The result of taking refuge in God is to be "blessed" (Ps 2:12), to be "saved" (Ps 17:7), experience joy (Ps 5:11), experience and possess His "great goodness" (Ps 31:19), become inheritors of "the land" (Isa 57:13).

Application: Do we recall to our minds the greatness of our sovereign, omnipotent Creator and Sustainer, so that when times of affliction and testing come we are fully convinced of His ability to protect us and we run to Him for refuge without hesitation? Let us ever turn first to Him and may the Spirit enable us to recall our past deliverances by the mighty hand of our Deliverer (Ps 18:2 40:17, 70:5, 144:2) so that we do not waver in unbelief when the storm comes but instead run confidently into our Rock of Refuge.

How do we take refuge in Him? (1). Know His Word (2). Heed His Word like Noah did in Heb 11:7. God does not stutter or equivocate. He speaks very clearly concerning His will for men. Our part is to hide ourselves in that true word. It is close to the idea of taking up the shield of faith in Eph 6:16 (believing what God has promised is true...e.g., that He will not allow us to be tempted beyond what we are able to endure...the truth is if we are falling to a repetitive temptation, we need to be very circumspect...it is probably because we want to fall into the passing pleasures of sin! Fall into the Cleft of the Rock (1 Co 10:4) instead...and be shielded from the fiery trials even though the fire is heated extremely hot (Da 3:22, Isa 43:2.)

In the NET version chasah is translated "take shelter" (NET translations of 2Sa 22:3, 31; Ps 2:12; 5:11; 18:2, 30; 31:19; 34:22; 57:1; 64:10; 118:8f; 141:8; 144:2) where "Taking shelter" in the Lord is an idiom for seeking His protection. Seeking his protection presupposes and even demonstrates the subject's loyalty to the Lord. In the psalms those who "**take shelter**" in the Lord are contrasted with the wicked and equated with those who **love, fear, and serve** the Lord

Chasah: 36x in NAS translated: has a refuge(1), seek refuge(3), seek shelter(1), sought refuge(1), take refuge(25), taken refuge(3), takes refuge(3). The KJV translates it most often as "to trust."

Deuteronomy 32:37 "And He will say, 'Where are their gods, The rock in which they sought refuge?'

Judges 9:15 "The bramble said to the trees, 'If in truth you are anointing me as king over you, come and take refuge in my shade; but if not, may fire come out from the bramble and consume the cedars of Lebanon.'

Ruth 2:12-note "May the LORD reward your work, and your wages be full from the LORD, the God of Israel, under whose wings you have come to seek refuge."

2 Samuel 22:3 My God, my rock, in whom I take refuge, My shield and the horn of my salvation, my stronghold and my refuge; My savior, You save me from violence.

31 "As for God, His way is blameless; The word of the LORD is tested; He is a shield to all who take refuge in Him.

Psalm 2:12-[note](#) Do homage to the Son, that He not become angry, and you perish in the way, For His wrath may soon be kindled. How blessed are all who take refuge in Him!

Psalm 5:11-[note](#) But let all who take refuge in You be glad, Let them ever sing for joy; And may You shelter them, That those who

love Your name may exult in You.

Psalm 7:1-[note](#) A Shiggaion of David, which he sang to the LORD concerning Cush, a Benjamite. O LORD my God, in You I have taken refuge; Save me from all those who pursue me, and deliver me,

Psalm 11:1-[note](#) For the choir director. A Psalm of David. In the LORD I take refuge; How can you say to my soul, "Flee as a bird to your mountain;

Psalm 16:1-[note](#) A Mikhtam of David. Preserve me, O God, for I take refuge in You.

Psalm 17:7-[note](#) Wondrously show Your lovingkindness, O Savior of those who take refuge at Your right hand From those who rise up against them.

Psalm 18:2-note The LORD is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold.

30 As for God, His way is blameless; The word of the LORD is tried; He is a shield to all who take refuge in Him.

Psalm 25:20-[note](#) Guard my soul and deliver me; Do not let me be ashamed, for I take refuge in You.

Psalm 31:1-[note](#) For the choir director. A Psalm of David. In You, O LORD, I have taken refuge; Let me never be ashamed; In Your righteousness deliver me.

19 How great is Your goodness, Which You have stored up for those who fear You, Which You have wrought for those who take refuge in You, Before the sons of men!

Psalm 34:8-[note](#) O taste and see that the LORD is good; How blessed is the man who takes refuge in Him!

22 The LORD redeems the soul of His servants, And none of those who take refuge in Him will be condemned.

Psalm 36:7-[note](#) How precious is Your lovingkindness, O God! And the children of men take refuge in the shadow of Your wings.

Psalm 37:40-[note](#) The LORD helps them ("the righteous" Ps 37:39) and delivers them; He delivers them from the wicked and saves them, (Why?) Because they take refuge in Him. (Begs the question - Are you in despair, danger, difficulty, distress, etc? Make the choice to take refuge in Him! He won't force you. How? Get into His Word [Read Ps 18:30], listen to the Spirit speak and obey in the enabling power of the Spirit.)

Psalm 57:1-[note](#) For the choir director; set to Al-tashheth. A Mikhtam of David, when he fled from Saul in the cave. Be gracious to me, O God, be gracious to me, For my soul takes refuge in You; And in the shadow of Your wings I will take refuge Until destruction passes by.

Psalm 61:4-[note](#) Let me dwell in Your tent forever; Let me take refuge in the shelter of Your wings. Selah.

Psalm 64:10-[note](#) The righteous man will be glad in the LORD and will take refuge in Him; And all the upright in heart will glory.

Psalm 71:1-[note](#) In You, O LORD, I have taken refuge; Let me never be ashamed.

Psalm 91:4-[note](#) He will cover you with His pinions, And under His wings you may seek refuge; His faithfulness is a shield and bulwark.

Psalm 118:8-[note](#) It is better to take refuge in the LORD Than to trust in man.

9 It is better to take refuge in the LORD Than to trust in princes.

Psalm 141:8-[note](#) For my eyes are toward You, O GOD, the Lord; In You I take refuge; do not leave me defenseless.

Psalm 144:2-[note](#) My lovingkindness and my fortress, My stronghold and my deliverer, My shield and He in whom I take refuge, Who subdues my people under me.

Proverbs 14:32 The wicked is thrust down by his wrongdoing, But the righteous has a refuge when he dies.

Proverbs 30:5 Every word of God is tested; He is a shield to those who take refuge in Him.

Isaiah 14:32 "How then will one answer the messengers of the nation? That the LORD has founded Zion, And the afflicted of His people will seek refuge in it."

Isaiah 30:2 Who proceed down to Egypt Without consulting Me, To take refuge in the safety of Pharaoh And to seek shelter in the

shadow of Egypt!

Isaiah 57:13 "When you cry out, let your collection of idols deliver you. But the wind will carry all of them up, And a breath will take them away. But he who takes refuge in Me will inherit the land And will possess My holy mountain."

Nahum 1:7 The LORD is good, A stronghold in the day of trouble, And He knows those who take refuge in Him.

Zephaniah 3:12 "But I will leave among you A humble and lowly people, And they will take refuge in the name of the LORD.

Refuge ([04496](#)) (**manos**) is a masculine noun which refers to a refuge, to flight, to a place of escape, all descriptive of a place of safety to which one flees. Used metaphorically of Jehovah. **Manos** is derived from **nus** which denotes rapid movement away from something or someone and usually connotes escape from real or imagined danger.

2 Samuel 22:3 My God, my rock, in whom I take **refuge**, My shield and the horn of my salvation, my stronghold and my refuge; My savior, You save me from violence.

Job 11:20 "But the eyes of the wicked will fail, And there will be no **escape** for them; And their hope is to breathe their last."

Psalms 59:16-[note](#) But as for me, I shall sing of Your strength; Yes, I shall joyfully sing of Your lovingkindness in the morning, For You have been my stronghold And a **refuge** in the day of my distress.

Psalms 142:4-[note](#) Look to the right and see; For there is no one who regards me; There is no **escape** for me; No one cares for my soul.

Jeremiah 16:19 O LORD, my strength and my stronghold, And my **refuge** in the day of distress, To You the nations will come From the ends of the earth and say, "Our fathers have inherited nothing but falsehood, Futility and things of no profit."

Jeremiah 25:35 "Flight will perish from the shepherds, And **escape** from the masters of the flock.

Jeremiah 46:5 "Why have I seen it? They are terrified, They are drawing back, And their mighty men are defeated And have taken **refuge** in flight, Without facing back; Terror is on every side!" Declares the LORD.

Amos 2:14 "**Flight** will perish from the swift, And the stalwart will not strengthen his power, Nor the mighty man save his life.