



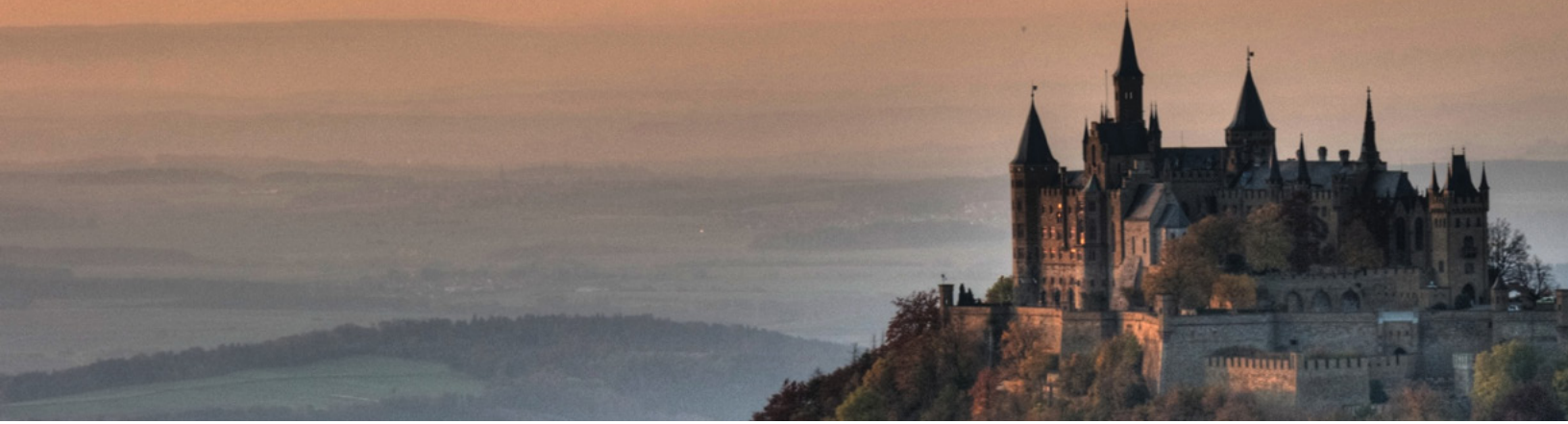
WHAT DOES IT MEAN TO
Take Refuge in God?

A 5-DAY STUDY

with Lisa Baker



Bible Study Tools



The world can be a scary place, even for Christians. From struggles with personal sin to the effects of the Fall on humans, creatures, and nature, we wrestle for peace every day. And the ones we grapple against are the devil and his demons, who seek to devour us at every turn (1 Peter 5:8; Ephesians 6:12), ourselves (Galatians 5:16-17), and other believers (James 4:1-2).

How do we move past fear into faith and stand in this world with confidence? Where do we go? What do we do?

We stand by taking refuge in Almighty God.

Our five-day study will look at what it means to take refuge in God — from the earliest concept of sanctuary cities to our ultimate refuge in Christ (Matthew 11:28-30).

Day 1:

Cities of Refuge



*“The cities that you give to the Levites shall be the six cities of refuge, where you shall permit the manslayer to flee, and in addition to them you shall give forty-two cities.”
(Numbers 35:6)*

Cities of refuge gave an offender a safe place to flee until they were brought to trial.

Before the Lord God ushered the Israelites into the Promised Land, He spoke to them through His servant, Moses. The Law had been given, and now the people were going to their new homelands. The Levites, however, acted as priests for the people. Their cities lay as part of each of the others’ inheritance, including pastureland around the designated cities.

Today’s verse speaks of six particular cities where manslaughter (murderers) could flee for refuge. It’s important the Levites had possession of the cities where the murderers could flee, for the Levites interceded for people before the Lord. The refugees were safe from human avengers and safe before the Lord God. This wise provision is given for the one who commits unintentional manslaughter — an accidental death.

Because God institutes the Levitical priesthood, God is — in effect — the One who provides refuge for those who flee to the cities of refuge.

Lord,

You know our hearts and You make a place of refuge for those who sin against others and against You. Thank You for Your provision and Your grace then and now. Amen.

- 1. How does God’s grace factor into the cities of refuge?**
- 2. Who acted as judge regarding the manslaughter? (See Joshua 20:4)**
- 3. What were the circumstances under which manslaughter could flee to the cities of refuge?**

For further study
Numbers 35
Joshua 20

Day 2: False Refuge

*“For the LORD will vindicate His people and have compassion on his servants, when He sees that their power is gone and there is none remaining, bond or free. Then He will say, ‘Where are their gods, the rock in which they took refuge’”
(Deuteronomy 32:36-37).*

As Moses encouraged the Israelites before his death and before they went across the Jordan into Canaan, he told them, “Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you” (Deuteronomy 31:6). Moses also encouraged Joshua, who would take the mantle of leadership after Moses’ death (Deuteronomy 31:7-8).

“And the LORD said to Moses, ‘Behold, you are about to lie down with your fathers. Then this people will rise and whore after the foreign gods among them in the land that they are entering, and they will forsake Me and break My covenant that I have made with them.’” (Deuteronomy 31:16).

The people who had been kept by God, had been with God through the wilderness, would forsake the One who would never forsake them. They would take refuge in gods of no grace, no mercy, and no provision. And yet God kept His promise to vindicate them, despite their disobedience and sheer forgetfulness of His kindness.

Father God,

Protect my heart from straying from You. You are so good, so kind, and so holy. Forgive my wanderings and hold me close to You. Amen.

1. Why do you think the people went after the other gods?
2. What are the effects on one’s life when they chase idols, and why do these effects take place?
3. What has God done to cover our sin?

For further study
Matthew 17:3
John 6:32
Hebrews 3:16

Day 3: Our Mighty Rock

*“For God alone, O my soul, wait in silence,
for my hope is from him.
He only is my rock and my salvation,
my fortress; I shall not be shaken.
On God rests my salvation and my glory;
my mighty rock, my refuge is God”
(Psalm 62:5-7).*

King David knew the difficulties of life. Anointed by Samuel as the one to replace Saul as king over Israel, David’s life was frequently in danger as Saul sought to kill him. King David sinned against the Lord by committing adultery with another man’s wife and then murdering her husband to cover his sin. One of David’s sons rebelled against him and conspired to steal his reign from him (See 1 Samuel 16-1 Chronicles 29). And yet David is known by God as man after His own heart (1 Samuel 13:14).

David penned most of the Psalms; seventy-three of them bear his name. (He most likely wrote seventy-five of the one hundred fifty psalms). Throughout David’s psalms, we see his heart on display, and his heart was often broken and contrite, fully open to the Lord, to His correction, and His forgiveness. David knew his only refuge was in God His mighty Rock.

*Lord God,
Thank You for the many ways Your servant shows me
how he regarded You as his refuge. You are my ref-
uge and my very present help in trouble. Amen.*

- 1. Given his history, why do you think God called David a man after His heart?**
- 2. Why do you think David says to wait in silence for the Lord?**
- 3. How could David have rested knowing so many sought his life?**

**For further study
Read David’s psalms and list
the ways he looked to God as
his refuge.**

Day 4: The Light of Salvation

*“How precious is your steadfast love, O God!
The children of mankind take refuge in the shadow of your wings.
They feast on the abundance of your house,
and you give them drink from the river of Your delights.
For with you is the fountain of life;
in your light do we see light” (Psalm 36:7-9).*

No righteous person likes darkness. That which delights our eyes and spirits is light shining in the darkness, like a home fire glowing as you crest the last hill before entering your house. We were darkness (Ephesians 5:8), and now we are light (Matthew 5:14; Colossians 1:13) because Jesus is light (John 1:4, 9; John 9:5). In the new creation, we will have no need of sun or moon, for the Lord is our light (Revelation 22:5).

David knew God is light, and he knew to take refuge in Him is to enjoy His love, His bountiful provisions, and life. David foreshadowed our Savior, the Lord Jesus Christ — the One who is our life (John 8:12; John 11:25) and our salvation.

This is where we learn refuge includes salvation, for when we are saved, we are saved from God (His wrath) by God (by His sacrifice), and for God (for His pleasure and glory).

*Lord and Father,
I thank You for exposing the darkness and bringing light. Thank you for those who have gone before and who are now in Your presence, in Your light, where one day we will be. Amen.*

- 1. Do you think David knew Someone “more” was coming? How?**
- 2. How does the devil use darkness to keep us from seeing God?**
- 3. How does refuge equal salvation in the Old Testament?**

For further study
Ephesians 6:12
2 Corinthians 4:4
1 John 3:8

Day 5: Our Great High Priest

“So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it with an oath, so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to hold fast to the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek”
(Hebrews 6:17-20).

We’ve seen how the high priests officiated in the cities of refuge God inaugurated. But because the law was given to reveal sin (Romans 3:20), and the blood of bulls and goats cannot take away sin (Hebrews 10:4), humanity needed God to provide a Savior who would take away the first (which was the Old Covenant way of sacrifices and offerings), in order to establish the second — which is following God’s will (Hebrews 10:9).

Jesus is our salvation. He is our Great High Priest (Hebrews 4:14), nullifying the need for any further sacrifices. He is our Advocate (1 John 2:1), seated at the right hand of the Father (Luke 22:69), and He always lives to make intercession for Christians (Hebrews 7:25).

*Lord Jesus,
I praise You as my refuge and my salvation. You alone secured my redemption and I will thank You forever. Thank You for forever! In Your mighty name I pray!
Amen.*

- 1. How does refuge in Jesus Christ relate to salvation?**
- 2. How would you explain the replacement of the priests of the Old Covenant with Jesus Christ?**
- 3. Knowing Jesus is our complete salvation, read the Old Testament with this truth in mind.**

For further study

1 Samuel 2:1

Psalms 40:6-8

Psalms 42:11

Isaiah 62:11

Luke 1:69



Refuge in the Lord is our steadfast hope, for in Christ we live and move and have our being (Acts 17:28). It's good to study how God wove salvation throughout Scripture and used cities of refuge and the priests to point us to the only One who can bring eternal refuge through salvation — Jesus Messiah.

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