

A selection of passages that refer to:

Machesh – refuge

Magen – shield

Metsuda – fortress

Migdal – strong tower

Dwell on these passages and read them in the context of the chapters in which they are found.

2 Sam 22:3

“My God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my saviour.”

1 Sam 22:31

“As for God, his way is perfect. The Lord’s word is flawless; he shields all who take refuge in him.”

Psalm 3:3

“But you, Lord, are a shield around me, my Glory, the One who lifts my head high.”

Psalm 5:11

“But let all who take refuge in you be glad; let them ever sing for joy.”

Psalm 17:6-8

“I call on you, my God, for you will answer me; turn your ear to me and hear my prayer. Show me the wonders of your great love, you who save by your right hand those who take refuge in you from their foes. Keep me as the apple of your eye, hide me in the shadow of your wings.”

Psalm 18:1-2

“I love you, Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.”

Psalm 28:6-9

“Praise be to the Lord, for he has heard my cry for mercy. The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. The Lord is the strength of his people, a fortress of salvation for his anointed one. Save your people and bless your inheritance; be their shepherd and carry them forever.”

Psalm 31:1

“In you, Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness. Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. Since you are my rock and my fortress.”

Psalm 34:8

“Taste and see that the Lord is good; blessed is the one who takes refuge in him.”

Psalm 36:7

“How priceless is your unfailing love, O Lord! People take refuge in the shadow of your wings.”

Psalm 57:1

“Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings, until the disaster has passed.”

Psalm 59:9-10

“You are my strength, I watch for you; you, God, are my fortress, my God on whom I can rely.”

Psalm 62:5

Yes, my soul, find rest in God; my hope comes from Him. Truly he is my rock, and my salvation; he is my fortress, I will not be shaken. My salvation and my honour depends on God, he is my mighty rock, my refuge.”

Psalm 91

Psalm 118:8-9

“It is better to take refuge in the Lord than to trust in humans. It is better to take refuge in the Lord than to trust in princes.”

Psalm 144:1-2

“Praise be to the Lord my Rock, who trains my hands for way, my fingers for battle. He is my loving God and my fortress, my stronghold and my deliverer, my shield in whom I take refuge.”

Proverbs 30:5

“Every word of God is flawless; he is a shield to those who take refuge in him.”

Jeremiah 16:19-20

“Lord, my strength and my fortress, my refuge in time of distress, to you the nations will come from the ends of the earth and say “Our ancestors possessed nothing but false gods, worthless idols that did them no good.”

Psalm 91

WRITE YOUR PERSONALISED VERSION HERE:

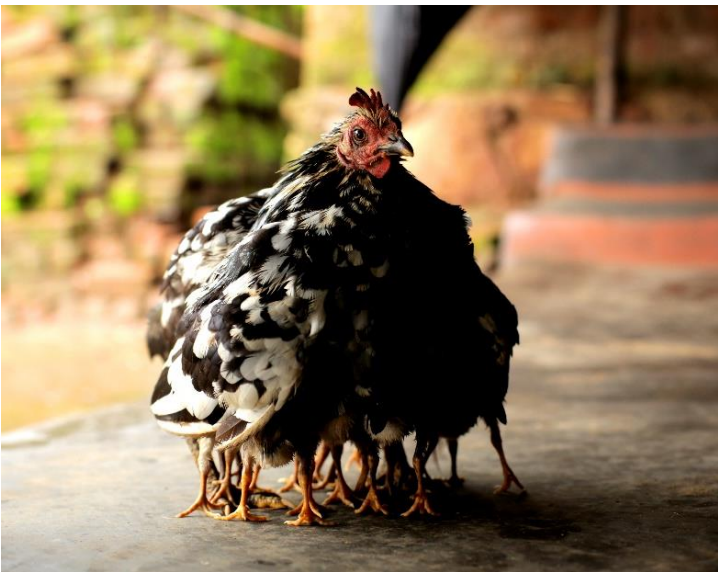
- ¹Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
- ²I will say of the LORD, "He is my refuge and my fortress,
my God, in whom I trust."
- ³Surely he will save you
from the fowler's snare
and from the deadly pestilence.
- ⁴He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
- ⁵You will not fear the terror of night,
nor the arrow that flies by day,
⁶nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
- ⁷A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
- ⁸You will only observe with your eyes
and see the punishment of the wicked.
- ⁹If you say, "The LORD is my refuge,"
and you make the Most High your dwelling,
¹⁰no harm will overtake you,
no disaster will come near your tent.
- ¹¹For he will command his angels concerning you
to guard you in all your ways;
¹²they will lift you up in their hands,
so that you will not strike your foot against a stone.
- ¹³You will tread on the lion and the cobra;
you will trample the great lion and the serpent.
- ¹⁴"Because he loves me," says the LORD, "I will rescue him;
I will protect him, for he acknowledges my name.
- ¹⁵He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honour him.
- ¹⁶With long life I will satisfy him
and show him my salvation."

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Images to Reflect on







There is a baby bird there – it's just very well hidden and protected!

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