

The logo features a circular emblem on the left containing a stylized wave in shades of blue and white. To the right of the emblem, the word "OASIS" is written in a large, black, sans-serif font where the letters are interconnected.

OASIS

Soul Refreshing

Finding Refuge

- Withered plant (drain of hardship)
- Even in the midst of soul wearying seasons of life there is an oasis – we can find refuge in God’s presence and refreshing for our souls. (Oasis review – Dry bones; practicing the presence; entering God’s rest)

Finding Refuge

- Today, we want to take at a snapshot from David's life where he finds refuge in God in a terrible circumstance. Historical Context – David's journey – youngest boy, sheep herder, giant slayer, international fame, attacked by Saul, flees to Philistine territory & turned in. Feigns insanity.

Finding Refuge

- Psalm 34:1-8, “I will extol the Lord at all times; his praise will always be on my lips. My soul will boast in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together. I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame.

Finding Refuge

- Psalm 34:1-8, “This poor man called, and the Lord heard him; he saved him out of all of his troubles. The angel of the Lord encamps around those who fear him, and he delivers them. Taste and see that the Lord is good; blessed is the man who takes refuge in him.”

Finding Refuge

- How do you navigate through life's most soul wearying circumstances and find refuge in the oasis of God's presence?
- First, to journey from soul wearying circumstances and find refuge in God's presence begin with praise. Ps 34:1f, "I will extol the Lord at all times... Let the afflicted hear & rejoice. Glorify the Lord with me."

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- David chooses worship even when life is hard. This is a regular practice in his life.

Finding Refuge

- God is worthy of our praise when life is hard. Hardship doesn't change the truth about God. God is still good; He still loves you. God still sent Jesus to prove his love for you. Your sins are still forgiven; your heavenly home is still secure. The Spirit of God still lives within you & you are not alone. One day you will go to heaven, and all earth's problems will be gone. These are all spiritual truths. None of these spiritual truths change when life is hard.

Finding Refuge

- First, to journey from soul wearying circumstances and find refuge in God's presence begin with praise.
- Praise recalibrates us to the goodness of God in the harshness of life. It is like water to our weary souls. (Corrie Ten Boom - her practice in the camp; her discovery in helping those who thrived in re-entry)

Finding Refuge

- Second, if we are going to journey from soul wearying circumstances and find refuge in God's presence we must deal with our fear. Ps 34:4-7, "I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame."

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- David said he sought the Lord & the Lord answered, then he adds he delivered him from fear. That was his prayer. Why? (he had the promise; he was afraid & saw what fear could do; Ps 139)

Finding Refuge

- Second, if we are going to journey from soul wearying circumstances and find refuge in God's presence we must deal with our fear.
- Surrender is the heart work of letting go of control, and trusting our uncertain outcomes to our loving Father. (5 doors)

Finding Refuge

- Third, if we are going to journey from soul wearying circumstances and find refuge in God's presence we need to taste & see that God is good. Psalm 34:8, "Taste and see that the Lord is good; blessed is the man who takes refuge in him." Particularly in darkness, we need the light of God's goodness.

Finding Refuge

- Third, we need to taste & see that God is good.
- Taking refuge in God's goodness leaves us blessed, not stressed. We must deliberately taste God's goodness in times of hardship. How?
- Enjoy the good things that life offers knowing that they are a gift from God, and give thanks. (food; nature; friends; ball game)

Finding Refuge OASIS

