

# FIFTH SUNDAY OF EASTER - MAY 10

**Describe when you had to find a place of safety and protection.** *Note: If you are with a group, have each person take a turn sharing.*

## **Scripture Reading: Psalm 31:1-5, 15-16**

*“In you, O Lord, I seek refuge; do not let me ever be put to shame; in your righteousness deliver me. Incline your ear to me; rescue me speedily. Be a rock of refuge for me, a strong fortress to save me. You are indeed my rock and my fortress; for your name’s sake lead me and guide me, take me out of the net that is hidden for me, for you are my refuge. Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God. My times are in your hand; deliver me from the hand of my enemies and persecutors. Let your face shine upon your servant; save me in your steadfast love.”*

## **Reflection**

This passage from Psalms is a song of lament about grief and sorrow during a troubling and even dangerous time. It’s a song for every person who longs for a place where they feel safe, secure, and loved. The psalmist is facing danger and needs to find a safe place. He cries out to God for help, saying God is his refuge. To find refuge is to be safe and sheltered from danger.

The psalmist places trust in God with his life and his future. Even though the psalmist was hurting and struggling, he knew God was still with him and always loved him, no matter what. Nothing anyone else did or said could take that away.

While you look at the illustration, think about how God feels that way about all of us. We are God’s beloved, and we are created in the image of God. As we continue to face uncertainty and the danger due to the continued spread of COVID-19 and its aftermath, we can seek refuge in God.

## **Discussion Questions**

1. Who and what makes you feel safe?
2. In what ways are you finding refuge right now?
3. How do you find refuge in God?

## **Prayer**

Holy God, thank you for always loving us, for always being with us, and for always being a refuge when things are hard and even dangerous. Help us to remember this and feel safe. **Amen.**



