

**August 24, 2025**

Because God is loyal and faithful

**Ps. 142:5** *I cry to You, LORD; I say, "You are my refuge, my portion in the land of the living.* (NIV)

How long has it been since you cried out to the LORD? He doesn't mind; in fact, I believe He longs for us to cry out to Him. And why wouldn't we cry out to the only one Who can meet our every need. He is our source of hope and wisdom. He gives direction and truth. He is our refuge and portion.

Do you have a place where you feel absolutely safe? A place where you know that everything is going to be alright? You can certainly find that in the LORD's presence. As the Psalmist says in **Ps. 46:1**, *God is our refuge and strength, an ever-present help in trouble.* (NIV) In fact, it is in that place of refuge that we are filled with His power, protection and love. **Prov. 14:26** *Whoever fears the LORD has a secure fortress, and for their children it will be a refuge.* (NIV) Do you want the best for your family? Do you want your children and their children to grow up in the nurture and admonition of the LORD? This is found only in the daily walk with Him and in His word. He is our portion, which literally means everything that we need. When you have the LORD in your life, as your life, you have all that you could ever hope or dream to have. He will encourage you. He will sustain you. He will lift you up. He will protect you. He will provide for you. He will guide you. He will hold you. He will love you.

**Dear LORD, we cry out to You, our only source of strength. You are our Almighty God Who loves us with an everlasting love. Help us to look to You alone for our strength. You are our only refuge! In Jesus Name, Amen**