

GOD IS OUR HOME FREE ZONE

March 18, 2023

Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Psalm 91, Luke 5:16, Mark 6:30-32, Psalm 139:7-12

Memory Verse

Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. (NIV)

Psalm 62:8



CASEY'S DAY

written by Ron Vandenburg
illustrated by Chad Thompson



Have you ever played Tag? Imagine, your heart is beating fast, and all you can focus on is getting to the “Home Free” zone (Some people call this the “safe zone,” “goal,” or “home base”). Somehow, getting to that tree or bench is the safest, best possible option. When life gets overwhelming, scary and feels out of control, you need to find safe spaces like that “Home Free” zone. God is the safest place we can seek when life gets hard.

Did you know that even Jesus needed to find safe spaces? (Check out [Luke 5:16](#), [Mark 6:30-32](#).) Life was busy, and crowds of people were often seeking him out to heal and help them. Jesus got away and went to his favorite garden for some soul care. It wasn’t the garden that was special though; it was who he spent time with in that garden. Jesus spent time talking to God because he knew that God is the best safe space we can find.

[Psalm 139:7-12](#) says that there is nowhere we can go where God won't find us. We don't have to hide anything from God because he already knows it. Our feelings are never too big for him. He can handle it all! God is our **refuge** (Psalm 62:8). Refuge means being safe or sheltered from danger or trouble. Life can be very troubling. But God is always ready and waiting to be our "Home Free Zone." We can run to him at any time, and God promises to shelter us with his peace and love. He is our safe space, our true refuge.

Prayer

Thank you, God, that you are my safe place. I can always run to you because you are always there. Help me to see you in the world around me. May your love and peace fill my heart. I trust your promise that your faithfulness covers me like a shield because you are my refuge at all times. Amen.

written by Holly Sperling

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