



**CEO Devotional – April 1, 2013**  
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***The Lord, Our Refuge***

The business world creates many demands and stresses on our everyday life. Even our best planning efforts don't always bring about the results that we had intended. Circumstances beyond our control bring new challenges. Not only are we trying to manage this chaos at work but it easily spills over into our family life. Either we work late hours, bring the work home with us, or come home angry and exhausted. Our family gets what is left over after all the other stresses have drained us. Often this stress comes because things just don't happen when we want them too or the way we want them to. We set our agenda for the day and by mid-morning the schedule is already a disaster. Many times we find ourselves in situations that feel like we are on a runaway roller coaster with no way to control the outcome. Sound familiar? Can you relate?

Is this the lifestyle that God intended? King David of Israel had tremendous stresses and challenges as the leader of a nation, yet in the book of Psalms we find glimpses of a very special relationship with his Lord. What was David's secret? What can we learn from him?

Psalms 16, written by King David, provides a prescription on how to handle the chaos:

- Verses 1-2 – The Lord is our refuge
- Verses 3-4 – Saints in the land, provide community and accountability
- Verses 5-6 – Speaks of contentment with where He has you now
- Verses 7-8 – God's presence gives us instruction
- Verses 9-11 – His presence brings joy now and forever

The Lord is our refuge. He is the only one we can rely on for our well-being. A refuge can only be accessed if we take advantage of it. It is an act of our will. David says, "In you (God) I take refuge." It is action on David's part. In verses 3 and 4 we find David contrasting two different groups, the saints in the land and those who run after another God. The saints are the company David prefers. They provide both community as well as accountability. Verses 5 and 6 say that God has put David in pleasant places. As we know David's story, this was not always the case physically. David speaks here of contentment with where God had him at the moment. He is not worried about where he will be tomorrow but sees the beauty of his present circumstances. In verses 7 and 8 David acknowledges God's presence as always before him and in the context of this presence God gives him counsel and instructs him. If we are not spending time in God's presence where will our counsel come from? Finally in verses 9 through 11 God says He will make known the path of life and promises that on that path there is fullness of joy. This is fulfillment of the covenant that was given to Abraham. The pleasures that He has begun in this life will continue its fullness into the world to come. We will experience this fullness of joy forever with Him!

Much of our stress comes from our struggle to take control over our circumstances. David sought God's presence, surrounded himself with the right people, and was satisfied with wherever God had him at the moment. In God's presence he received counsel and found joy for where he was at the moment. God is sovereign over all things and He is in control. Instead of dashing off on our own harried pace, we need to ask the Lord to show us His pace.