



**MARCH EDITORIAL 22/03/21**



*He who takes refuge in the shelter of the Most High  
will be safe in the shadow of the Almighty.  
He will say to the Eternal, "My shelter, my mighty fortress,  
my God, I place all my trust in You."  
For He will rescue you from the snares  
set by your enemies who entrap you  
and from deadly plagues...  
His faithfulness will form a shield around you,  
a rock-solid wall to protect you [Psalm 91:1-4 The Voice]*

Peel (or pele) towers are a familiar sight in the borderlands between Scotland and England. In a historically turbulent area, these towers were built hundreds of years ago for protection, with walls several feet thick, and in an elevated position, for surveillance. When cross-border raids took place, local landowners would gather their families, and sometimes nearby communities, into these strongholds for protection. Many of these towers are still intact after centuries, a testament to the skill of the builders, and those charged with repelling invaders.

Seeing these bastions always reminds me of Psalm 91, and the beautiful picture it paints of the safe place we all have to run to in these turbulent times. Why not take time right now to creep into *our* Lord's protection?

You can read more by clicking the link to the [\*\*PSALM 91\*\*](#) page.

**WHEN FEAR TAKES HOLD**

Sometimes—particularly in the middle of the night—fear and anxiety take hold, and we need to take extra steps to combat them. Fortunately, we have been also been given powerful spiritual weapons to counter 'enemy attack' [2 Corinthians 10:4].

If you are having problems resting in the Lord's 'stronghold', try the following:

**THE WORD**

*You are my refuge and my shield; I have put my hope in your word.  
[Psalm 119:114]*

1. Get very quiet inside, and turn your focus of your heart towards the Lord. Ask the Holy Spirit to bring to mind every issue, big and small, which is a source of stress at the moment. Write them all down without stopping to analyse. Then lay them down before your Heavenly Father.
2. Using the words of Psalm 91, thank Him for His promises. (See the PDF of the personalised version of the psalm.)
3. Find out what the Word says about your situation; there are several online concordances to help (e.g. [www.biblegateway.com](http://www.biblegateway.com)). Then begin to declare God's thoughts over your life and circumstances. You can find out more about the **POWER OF THE SPOKEN WORD** and the need for **CREATING NEW MINDSETS** by clicking the links.

In addition, use the Scriptures on 'Fear' in another PDF. It is really helpful to read them on to an MP3 player, or similar, and listen to them often, in particular, before going to sleep.

A third PDF contains some Bible verses to print out as reminders.

## THE NAME

***The name of the Lord is a fortified tower; the righteous run to it and are safe.***  
**[Proverbs 18:10]**

The Border magnates were served, and often feared, by the surrounding communities. If representatives came to a dependent-household in the name of a particular lord, their demands were satisfied immediately; dissenters would not be tolerated. The *name* gave the messengers power. All the power of the lord—to elevate, honour and bless, or to evict, demand, and destroy—was summed up in the name. Happy were those who had the lord's favour!

In the same way, the Name of Jesus represents all that He is: our all-powerful, all-loving, all-glorious Saviour, who has come to destroy the works of the Evil One [1 John 3:8]. And His Name is our safe place, our tower of refuge. This is not dependent on whether we feel worthy or not. It is not something we can ever earn. We *have* His favour—not because of *anything* we have done, but because He has taken away our guilt and shame, and has called us righteous, and has invited us to find sanctuary in Him. You can find out more about guilt, shame and righteousness, by clicking these pages in the main menu:

- **MISSING THE MARK: OVERCOMING GUILT AND SHAME**
- **KINGDOM LIVING: THE GIFT OF RIGHTEOUSNESS**

So, as well as being able to hide ourselves in the Lord's 'stronghold', and His Word as a powerful offensive weapon, we also have the right to use His Name as a shield against the Evil One's onslaught. In His Name we can declare protection over ourselves and our loved ones.

## THE BLOOD

Our third spiritual weapon is in the Blood of Jesus. But that's for next time...