

God Our Refuge

**Devotions, Meditations,
Gospel-Readings, Prayers, Hymns,
and Other Spiritual Treasures**



A Pocket Companion

The Commission on Special Ministries recognizes the ongoing need to lend spiritual support to the men and women who serve their God and country in the military forces of our nation. To that end, we have revised this "Pocket Companion."

We are deeply indebted to the members of The Lutheran Spiritual Welfare Commission, Rev. E. R. Blakewell and Rev. J. G. Jeske, who with the assistance of Professors D. Rohda, E. Schroeder, R. Jungkuntz, R. Gehrke, H. Oswald, and C. Toppe printed the original "Pocket Companion" in 1951. We also acknowledge Pastor Carl Ziemer for his labor of love in revising and updating this helpful booklet.

To all who look to the Triune God for daily strength on their way toward heaven, especially to those on whom burdens lie heavy in peace or in war, we dedicate this little volume.

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DEDICATION

With this 150th WELS anniversary project, we look back to what we have done in the past, and look toward the future. We anticipate the continued and expanded use of the book. Now it will also be used as a tool in lay ministry for visiting shut-ins, personal and family devotions, and for reaching out to others who have need of God's Word.

We dedicate this book to the many men and women who faithfully serve their God and country. We note especially Mr. Richard Raabe (1923 – 2006), who served his country during World War II, who continued to serve his Lord through his home congregation, and who for 30 years served the Wisconsin Evangelical Lutheran Synod.

TO GOD ALONE BE THE GLORY.

God Our Refuge

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FOREWORD

Assurance of heaven and peace of soul are not achieved by doing things for God; rather, they come by trusting in what he has done for us in Jesus, his Son.

This book is intended to help you grasp and hold fast in faith the everlasting blessings that come from the merciful hand of Jesus. *Lord, to whom shall we go? You have the words of eternal life. We believe and know that you are the Holy One of God (John 6:68-69). Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved (Acts 4:12).*

Through him and him alone . . . **God is our Refuge.**

God Our Refuge

LOOKING TO HIM Devotions

*Turn to me and be saved,
all you ends of the earth;
for I am God,
and there is no other.*

— Isaiah 45:22



LOOKING TO HIM

When the Christian looks to his God in time of joy or distress, he needs no special form to express himself. He pours out his inner desires in words born of the moment. Out of the fullness of his heart his tongue speaks freely.

No matter how spontaneous his expression, however, the Christian approaches his Father in heaven in the confidence of faith, clinging to some eternal word of promise. He utters his pleas or his praises, confessing his faith and repeating some blessing that the Lord has pronounced on his children forever. In this natural way he “seeks the Lord” and “calls upon him.”

Based on that timeless approach to God, four simple forms are offered for your devotions.

IN ANY TIME OR CONDITION OF LIFE

Devotion

Say:

In the name of the Father and of the Son and of the Holy Ghost. Amen.

Read or repeat from memory some portion of God's eternal Word. Meditate on what the merciful Lord tells you. (Pages 16 to 46 contain a number of short meditations to aid you.)

Then speak your prayers and petitions to God, closing with the Lord's Prayer.

Confess the faith of the whole Christian Church, using the Apostles' Creed.

Conclude:

Lord, bless us and keep us.

Lord, let your face shine on us and be gracious to us.

Lord, look with favor on us and give us peace.

Amen.

IN THE MORNING

Daily Devotion

Early the next morning they arose and worshiped before the LORD . . . — 1 Samuel 1:19

Say:

In the name of the Father and of the Son and of the Holy Spirit.

Then pray:

I thank you, my heavenly Father, through Jesus Christ, your dear Son, that you have kept me this night from all harm and danger. Keep me this day also from sin and every evil, that all my doings and life may please you. Into your hands I commend my body and soul and all things. Let your holy angel be with me, that the wicked foe may have no power over me. Amen.

Read or repeat from memory some portion of God's Word. Meditate on the truth that God speaks to all who read his Word; hold fast the promise and blessing, the admonition and warning which he gives to you this day.

Then confess with the entire Christian church on earth:

I believe in God, the Father almighty, maker of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day he rose again from the dead. He ascended into heaven and is seated at the right hand of God the Father almighty. From there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.



Then after a hymn or a chief part of Luther's Catechism, go with joy to your work.

IN THE EVENING

Daily Devotion

One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.
— Luke 6:12

Say:

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Then pray:

I thank you, my heavenly Father, through Jesus Christ, your dear Son, that you have graciously kept me this day. Forgive me all my sins, and graciously keep me this night. Into your hands I commend my body and soul and all things. Let your holy angel be with me, that the wicked foe may have no power over me. Amen.

Study some chapter of God's Word. Meditate on its meaning for the world in general and for you as a child of God in particular.