



Psalm 46

To the choirmaster. Of the Sons of Korah. According to Alamoth. A Song. God is our refuge and strength, a very present help in trouble.

(2) Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea,

(3) though its waters roar and foam, though the mountains tremble at its swelling. Selah.

(4) There is a river whose streams make glad the city of God, the holy habitation of the Most High.

(5) God is in the midst of her; she shall not be moved; God will help her when morning dawns.

(6) The nations rage, the kingdoms totter; he utters his voice, the earth melts.

(7) The LORD of hosts is with us; the God of Jacob is our fortress. Selah.

(8) Come, behold the works of the LORD, how he has brought desolations on the earth.

(9) He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire.

(10) "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

(11) The LORD of hosts is with us; the God of Jacob is our fortress. Selah.



Introduction: When our world is in upheaval, when disaster rises over our task, when friends are disheartened, when loved ones suffer, and we are sad or in trouble—we need to be reminded.

Thousands of years ago, the psalmist's world must have been much like ours. He must have known about tension, fear and emptiness. Contained in the 46th Psalm are words that can remind us today that we are not alone.

I. Background of Psalm 46

A) Historical Background (2 Chronicles 20:1-30).

B) Psalm is called...

1. The Psalm of God Our Refuge
2. The Psalm of God Our Present Help
3. The Psalm of God Our Mighty Fortress
4. The Psalm of Triumphant Faith
5. The Psalm of Confidence

II. Psalm 46 Assures Us

A) We Are Never _____ (verses 1-3)

B) Our Unfailing Source of _____ is God Almighty (verses 4-7)

C) God Is In _____ (verses 8-11)

III. Refuge for Me Today

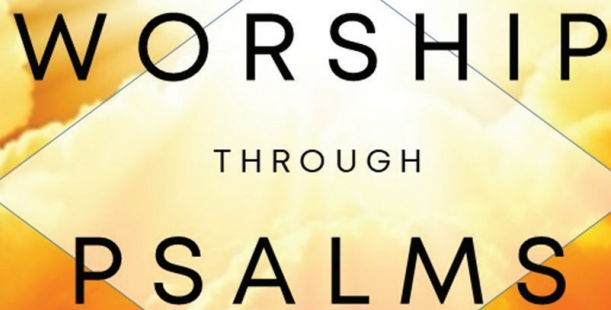
A) A refuge from _____ (Matt. 6:33; Heb. 13:5).

B) A refuge against my _____ (Psalm 23:5; Hebrews 13:6).

C) A refuge against _____ (Romans 7:24-25).

Conclusion: What I must do is love Him, trust Him and be faithful to Him. It is then that He says of me: "Because he has loved Me, therefore I will deliver him; I will set him securely on high, because he has known My name" (Psalms 91:14).

Do you have troubles? Let the Lord set you on high! Take refuge in the Lord!



WORSHIP THROUGH PSALMS

June 26	God Is Our Refuge	Psalm 46
June 12	The Upward Look of a Downcast Soul	Psalm 42
June 5	The Benefits of Worship	Psalm 34
May 29	The Awareness of God	Psalm 139
May 22	My Heart will not Fear	Psalm 27
May 15	The Delight of God's Revelation	Psalm 19
May 8	Not to Us, But to You	Psalm 115
May 1	The Majesty of God in Worship	Psalm 96
April 24	The Blessings of Worship	Psalm 84
April 17	The Spirit of Worship	Psalm 95
April 10	Psalms Outline and Overview	Various Psalms

Psalms 42:1 As a deer pants for flowing streams, so pants my soul for you, O God.

Psalms 34:1 I will bless the LORD at all times; his praise shall continually be in my mouth.

Psalms 139:1 O LORD, you have searched me and known me!

Psalms 27:1 The LORD is my light and my salvation; whom shall I fear?

The LORD is the stronghold of my life; of whom shall I be afraid?

Psalms 19:1 The heavens declare the glory of God, and the sky above proclaims his handiwork.

Psalms 115:1 Not to us, O LORD, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness!

Psalms 96:1 Oh sing to the LORD a new song; sing to the LORD, all the earth!

Psalms 84:1 How lovely is your dwelling place, O LORD of hosts!

Psalms 95:1 Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!

Psalm 1:1-6

“How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! But his delight is in the law of the LORD, And in His law he meditates day and night. He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers. The wicked are not so, But they are like chaff which the wind drives away. Therefore the wicked will not stand in the judgment, Nor sinners in the assembly of the righteous. For the LORD knows the way of the righteous, But the way of the wicked will perish.”