

## **God... Our Refuge and Strength**

Scripture – Psalms 46:1-11 (NLT)

**1** God is our refuge and strength, always ready to help in times of trouble.

**2** So we will not fear when earthquakes come and the mountains crumble into the sea. **3** Let the oceans roar and foam. Let the mountains tremble as the waters surge!

**4** A river brings joy to the city of our God, the sacred home of the Most High.

**5** God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it. **6** The nations are in chaos, and their kingdoms crumble!

God's voice thunders, and the earth melts! **7** The LORD of Heaven's Armies is here among us; the God of Israel is our fortress.

**8** Come, see the glorious works of the LORD: See how he brings destruction upon the world. **9** He causes wars to end throughout the earth. He breaks the bow and snaps the spear; he burns the shields with fire. **10** "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." **11** The LORD of Heaven's Armies is here among us; the God of Israel is our fortress.

### **A. The Backdrop**

1. Exact historical backdrop isn't clear
2. What's evident are the potential threats and fears mentioned in verses 2-3, 6.

**2** So we will not fear when earthquakes come and the mountains crumble into the sea. **3** Let the oceans roar and foam. Let the mountains tremble as the waters surge!

**6** The nations are in chaos, and their kingdoms crumble!  
God's voice thunders, and the earth melts!

- Safety and security of Jerusalem
3. The sense of upheaval, unrest, turmoil, insecurity and instability

## B. The Benefits

### 1. **Strength & courage** in troubled times (v1-3)

**1** God is our refuge and strength, always ready to help in times of trouble. **2** So we will not fear when earthquakes come and the mountains crumble into the sea. **3** Let the oceans roar and foam. Let the mountains tremble as the waters surge!

- Courage isn't the absence of fear, but the grace to move on despite it
- "Refuge" – shelter; safe place, trust, hope
- "Strength" – security; power
- "Ever present help" – abundant help
- "Trouble" – distress; a feeling of being constricted
- V2 & 3 list some things that causes fear

**2** So we will not fear when earthquakes come and the mountains crumble into the sea. **3** Let the oceans roar and foam. Let the mountains tremble as the waters surge!

- Prov 3:24-26 (Amplified)

**24**When you lie down, you shall not be afraid; yes, you shall lie down, and your sleep shall be sweet. **25**Be not afraid of sudden terror and panic, nor of the stormy blast or the storm and ruin of the wicked when it comes [for you will be guiltless], **26**For the Lord shall be your

*confidence, firm and strong, and shall keep your foot from being caught [in a trap or some hidden danger].*

2. **Sustaining joy** in changing times (v4-6)

**4** *A river brings joy to the city of our God, the sacred home of the Most High. **5** God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it. **6** The nations are in chaos, and their kingdoms crumble! God's voice thunders, and the earth melts!*

- What's the nature of this river? (v4-5)
- v6 – nations chaotic; kingdoms crumbling
- Where to find this joy? (Ps 16:11 – TNIV)
 

**11** You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

3. **Secure hope** for the future (v7-11)

**7** The LORD of Heaven's Armies is here among us; the God of Israel is our fortress. **8** Come, see the glorious works of the LORD: See how he brings destruction upon the world. **9** He causes wars to end throughout the earth. He breaks the bow and snaps the spear; he burns the shields with fire. **10** "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." **11** The LORD of Heaven's Armies is here among us; the God of Israel is our fortress.

- What really is secure today?
- v7 & 11 – The Lord Almighty – Our Fortress
- v9 – God destroys the enemies
- v10 – "...Be still & know..."
- Where to find this secure hope? Rom 15:4,13 (NLT)
 

**4** Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled.

**13** I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.