

God *Is* our **Refuge & Strength,**

A Very Present Help in Trouble.



Psalm 46:1-11

A scenic landscape featuring a rocky cliff in the foreground. On the cliff, a small tent is pitched, and two people are sitting. The background shows rolling hills covered in dense forest, with a bright sunset or sunrise creating a warm, golden glow over the scene.

God *Is* our Refuge & Strength,

A Very Present Help in Trouble.

Psalm 46 Emphasizes:

- (1) Yahweh's protection (vv. 1–3);
- (2) Yahweh's presence (vv. 4–7);
- (3) Yahweh's preeminence (vv. 8–11).

Psalm 46:1-11

Psalm 46:1–11 (NKJV)

To the Chief Musician. A Psalm of the Sons of Korah. A Song For Alamoth.

¹ God *is* our refuge and strength, A very
present help in trouble. ² Therefore we
will not fear, Even though the earth be
removed, And though the mountains be
carried into the midst of the sea; ³
Though its waters roar *and* be troubled,
Though the mountains shake with its
swelling. Selah

Psalm 46:1–11 (NKJV)

To the Chief Musician. A Psalm of the Sons of Korah. A Song For Alamoth.

⁴ *There is* a river whose streams shall make glad the city of God, The holy *place* of the tabernacle of the Most High. ⁵ God *is* in the midst of her, she shall not be moved; God shall help her, just at the break of dawn. ⁶

The nations raged, the kingdoms were moved; He uttered His voice, the earth melted. ⁷ The Lord of hosts *is* with us; The God of Jacob *is* our refuge. Selah

Psalm 46:1–11 (NKJV)

To the Chief Musician. A Psalm of the Sons of Korah. A Song For Alamoth.

⁸ Come, behold the works of the Lord, Who
has made desolations in the earth. ⁹ He
makes wars cease to the end of the earth;
He breaks the bow and cuts the spear in
two; He burns the chariot in the 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 refuge. Selah

God, Our Refuge & Strength In Times of Trouble



- ❖ Psalm 46 is filled with familiar themes found in the Psalms as a whole.
- ❖ Most have little problem with their faith when life is treating them well, but sadly, when trials and tribulations present themselves, as they inevitably do, many “lose it.”
- ❖ Our reactions to trials manifest the true strength or weakness of our faith.
- ❖ We may forsake God to protect our carnal treasures, or cower in the corner paralyzed by fear.

God, Our Refuge & Strength In Times of Trouble

(1) Yahweh's protection (vv. 1–3);

God *is* our refuge and strength,



- ◆ **REFUGE:** i.e., safety and free from danger as a figurative extension of a place of refuge or shelter (Swanson, J. (1997). Dictionary of Biblical Languages with Semantic Domains : Hebrew (Old Testament) (electronic ed.). Oak Harbor: Logos Research Systems, Inc.)
- ◆ The picture is of a high place of refuge and defense to which one might flee for protection. (Ps 14:6; 46:2; 61:4; 62:8,9; 71:7; 73:28; 91:2, 9; 94:22; 142:6; Pr 14:26; Isa 25:4; 28:15, 17; Jer 17:17; Joel 4:16).
- ◆ God is our STORM shelter!

God, Our Refuge & Strength In Times of Trouble

(1) Yahweh's protection (vv. 1–3);

God *is* our refuge and strength,



◆ **STRENGTH:** קִזְקֻזָּ (ḥē · zěq): n. [masc.]; - power, might, i.e., a condition in which one can exert great force or withstand great force, with a focus of having ability to do what is desired, intended, or necessary (Swanson, J. (1997). Dictionary of Biblical Languages with Semantic Domains : Hebrew (Old Testament) (electronic ed.). Oak Harbor: Logos Research Systems, Inc.)

◆ God encourages and enables His people that they may endure, gaining eventual victory over all enemy invaders. (Ex 15:13; Ps 89:11; 1 Cor. 10:13; Ep. 6:10-18; Phil 4:13; 1 Jn 5:2-5).

God, Our Refuge & Strength In Times of Trouble

(1) Yahweh's protection (vv. 1–3);

A very present help in trouble.



- ◆ **PRESENT:** *matsa'* (4672, מצא), “to find, meet, get. . . .” (Vine, W. E., Unger, M. F., & White, W., Jr. (1996). *Vine's Complete Expository Dictionary of Old and New Testament Words*. Nashville, TN: T. Nelson.)
- ◆ God's help is abundantly available to all who seek it by faith (Deut. 4:7; Ps. 145:18; Rom. 10:12).
- ◆ God is always ready and able to provide the help His people need (Deut. 31:6, 8; Josh. 1:5; 1 Cor. 10:13; Heb. 13:5,6).

God, Our Refuge & Strength In Times of Trouble

(1) Yahweh's protection (vv. 1–3);

A very present help in trouble.



❖ **TROUBLE:** צָרָה (ṣā · rā(h)): n.fem.; Str 6869, “distress, calamity, anguish, i.e., a state of very unfavorable circumstance, with a focus on the emotional pain and distress of the situation” (Swanson, J. (1997).

Dictionary of Biblical Languages with Semantic Domains : Hebrew (Old Testament) (electronic ed.). Oak Harbor: Logos Research Systems, Inc.)

❖ Indeed we live in troublesome times - but we need to keep our troubles in perspective. Compare our troubles to Job's / Paul's / our first century brothers and sisters / to brethren who live in other parts of the world / to JESUS ...

God, Our Refuge & Strength In Times of Trouble

(1) Yahweh's protection (vv. 1–3);

A very present help in trouble.



◆ In troublesome times, we should NEVER doubt God's willingness and ability to provide the safety, security, encouragement and strength needed to endure the storm!

Hebrews 13:5–6 (NKJV)

⁵ Let *your* conduct *be* without covetousness; *be* content with such things as you have. For He Himself has said, “*I will never leave you nor forsake you.*” ⁶ So we may boldly say: “*The Lord is my helper; I will not fear. What can man do to me?*”

God, Our Refuge & Strength In Times of Trouble

(1) Yahweh's protection (vv. 1–3);

2 Therefore we will not fear



❖ **FEAR:** יָרָא (yā · rē(ʾ)): v.; ≡ Str 3372 - **be afraid**, be frightened, i.e., be in a state of feeling great distress, and deep concern of pain or unfavorable circumstance (Ge 3:10); (nif) **be in fear** (Ps 46:3).

❖ **FEAR** reveals a lack of faith (Mat. 6:30; 8:24–26; 14:31,32; Mark 4:40)

❖ Even though “the earth be removed, And though the mountains be carried into the midst of the sea ...” we should not fear but trust God! (2,3)

God, Our Refuge & Strength In Times of Trouble

(2) Yahweh's presence (vv. 4–7)

The Lord of hosts *is* with us;

God blesses & sustains His people

(Ps. 23:2; 36:8, 9. Is. 8:6, 7; 48:18. Eze. 47:1–12. Re. 22:1–3)

God is **AMONG His people and will help us, and deliver us from our enemies**

(2 Cor. 6:14–7:1; Romans 8:28–39)

Psalm 46:4–7 (NKJV)

⁴ *There is a river whose streams shall make glad the city of God, The holy place of the tabernacle of the Most High.* ⁵ God *is* in the midst of her, she shall not be moved; God shall help her, just at the break of dawn. ⁶ The nations raged, the kingdoms were moved; He uttered His voice, the earth melted. ⁷ The Lord of hosts *is* with us; The God of Jacob *is* our refuge. Selah

God, Our Refuge & Strength In Times of Trouble

(3) Yahweh's preeminence (vv. 8–11).

The Lord of hosts *is* with us;

God has destroyed & will destroy enemies of His people

(Ex. 12:30; 14:30, 31; Is. 24:1; 34:2; 2 Cor. 10:4-6)

God brings PEACE to His people who walk in truth

(Is. 2:4; 11:9; 54:17; 60:18. Mi. 4:3, 4; Jn 17:17-21; 1 Cor. 1:10; Ep 4:1-7; Gal. 3:26-29)

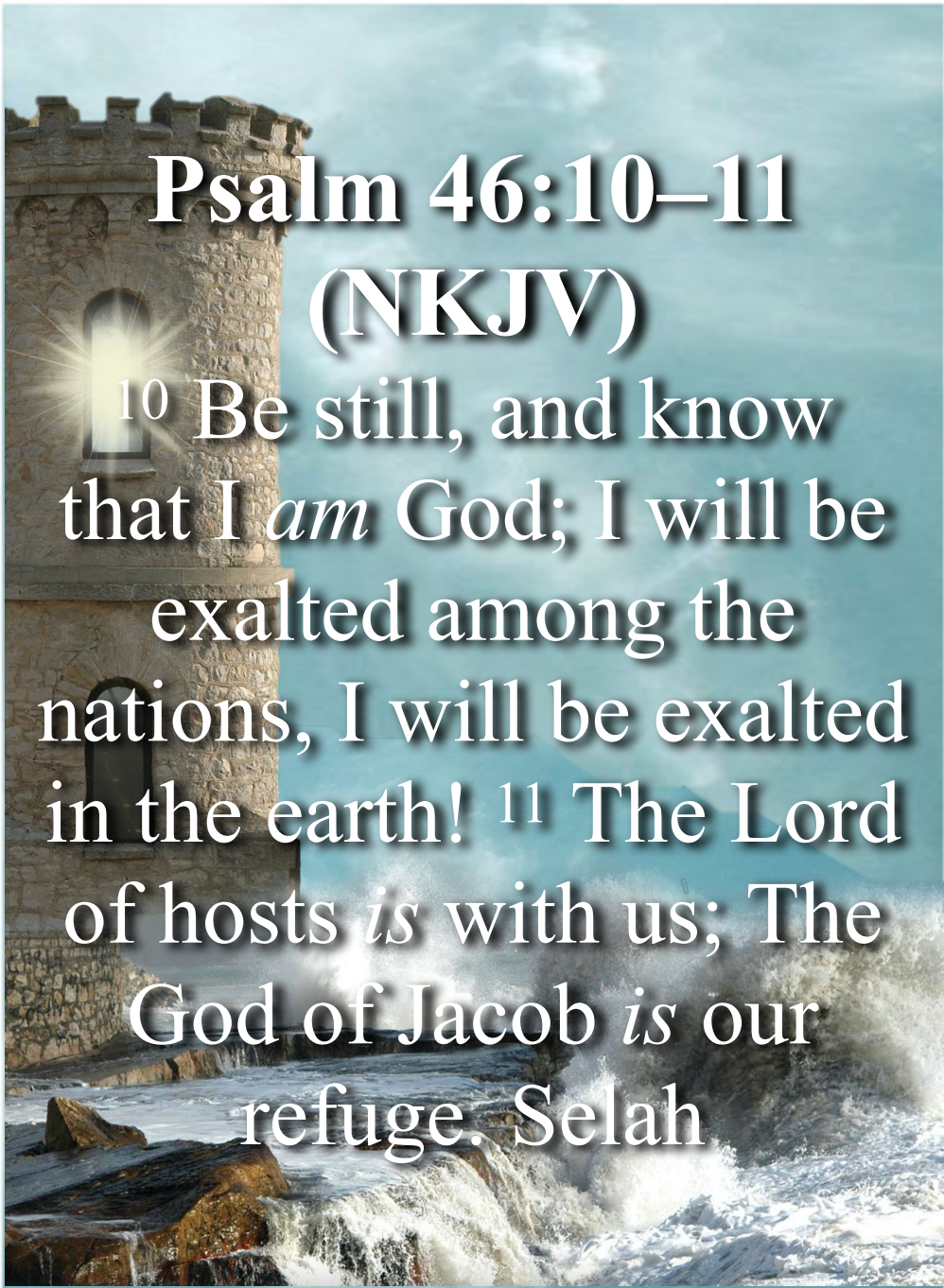
Psalm 46:8–9 (NKJV)

⁸ Come, behold the works of the Lord, Who has made desolations in the earth. ⁹ He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire.

God, Our Refuge & Strength In Times of Trouble

(3) Yahweh's preeminence (vv. 8–11).

The Lord of hosts *is* with us;



Psalm 46:10–11
(NKJV)

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
refuge. Selah

❖ **Be still** - The NASB has “Cease *striving* and know that I am God.” - cf. In Exodus 14:13, God told Israel to “Stand still, and see the salvation of God.”

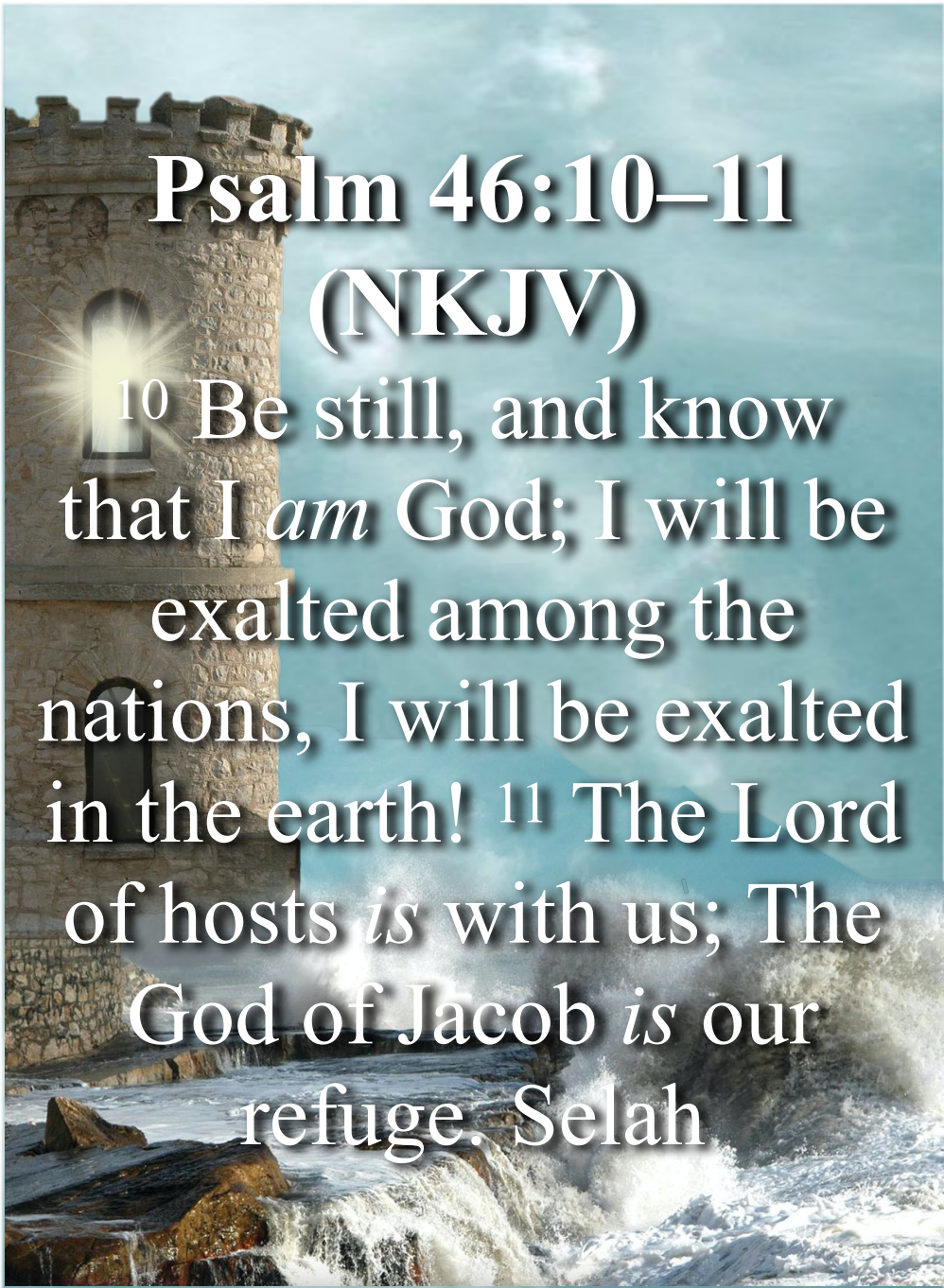
❖ **“Know that I AM GOD”** — recognize God’s sovereignty and TRUST HIM that we may receive His aide!

❖ The agitation within our hearts, i.e., our fears, anxieties, and anger, reveal that we really do not KNOW GOD and will prevent us from receiving His blessings (Jam. 1:19,20)

God, Our Refuge & Strength In Times of Trouble

(3) Yahweh's preeminence (vv. 8–11).

The Lord of hosts *is* with us;



**Psalm 46:10–11
(NKJV)**

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
refuge. Selah

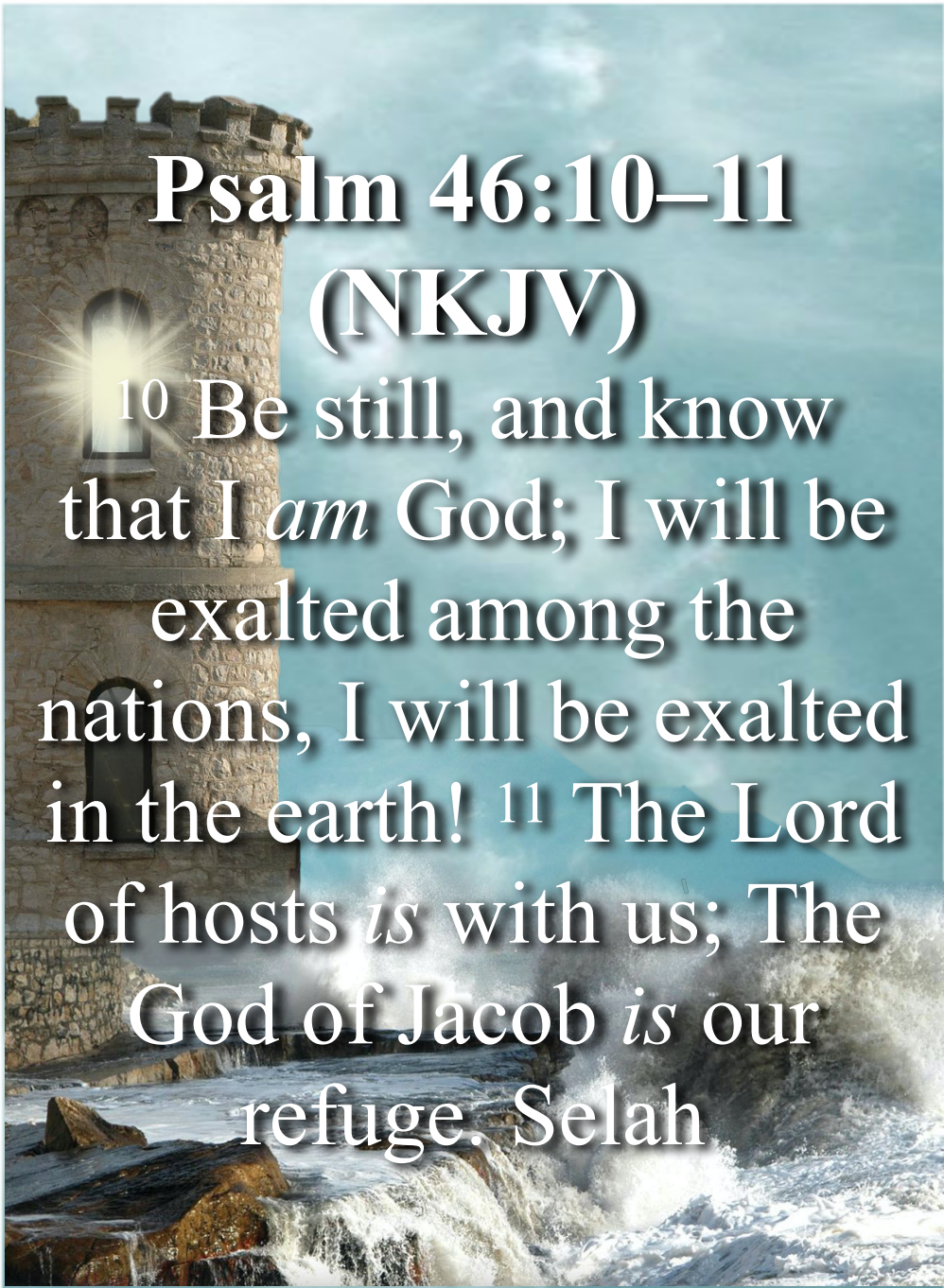
James 1:17–20 (NKJV)

¹⁷ Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. ¹⁸ Of His own will He brought us forth by the word of truth, that we might be a kind of firstfruits of His creatures. ¹⁹ So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; ²⁰ for the wrath of man does not produce the righteousness of God.

God, Our Refuge & Strength In Times of Trouble

(3) Yahweh's preeminence (vv. 8–11).

The Lord of hosts *is* with us;



Psalm 46:10–11
(NKJV)

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
refuge. Selah

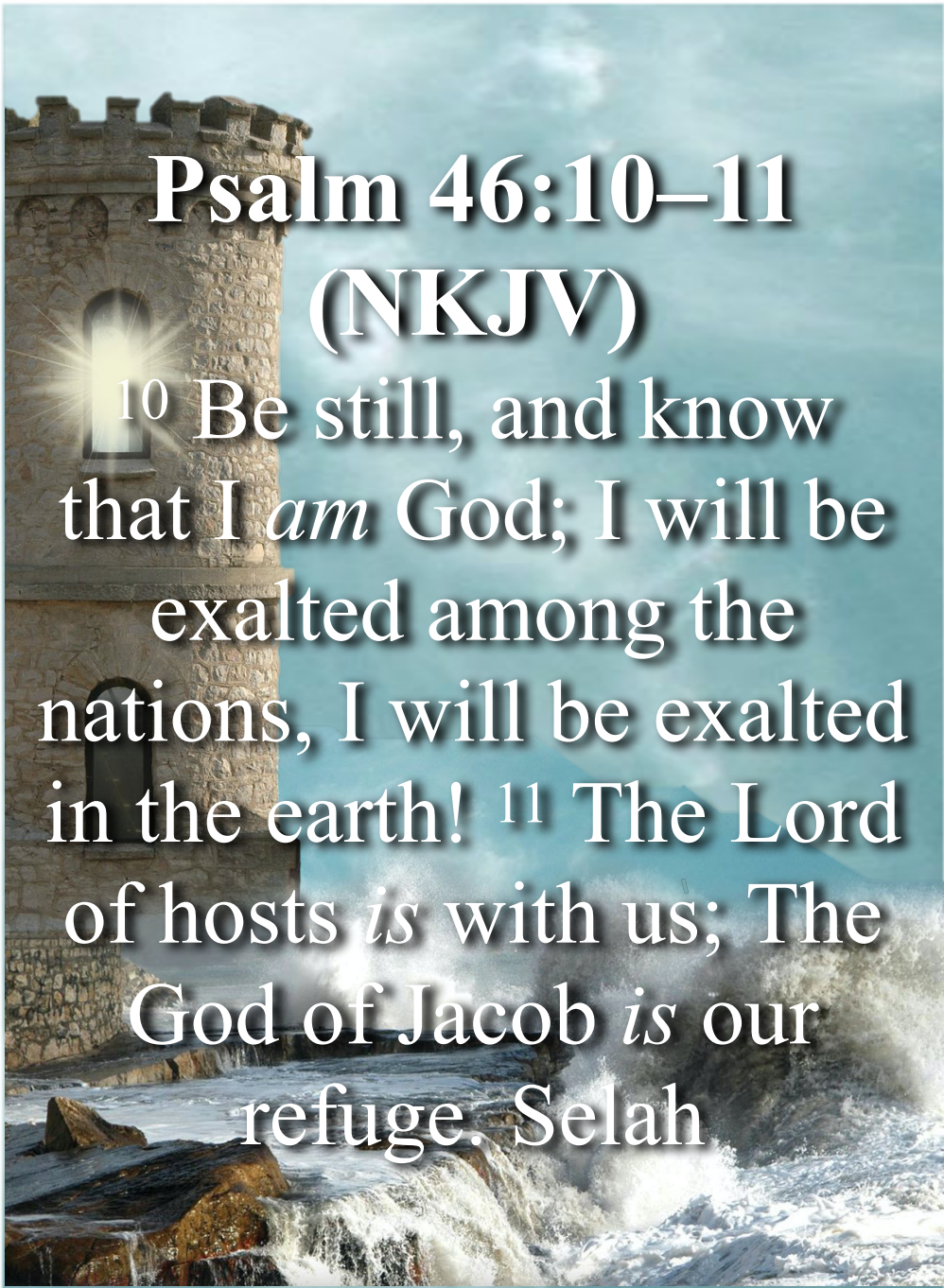
◆ **WE MUST TRUST GOD**

- TRUST IN HIS LOVING CARE & PROTECTION
- TRUST IN HIS PRESENCE, CARE & SUPPORT
- TRUST IN HIS POWER, AUTHORITY & HIS SALVATION

God, Our Refuge & Strength In Times of Trouble

(3) Yahweh's preeminence (vv. 8–11).

The Lord of hosts *is* with us;



Psalm 46:10–11
(NKJV)

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
refuge. Selah

◆ **WE MUST TRUST GOD**

- WE MUST TRUST IN JESUS
ENOUGH TO OBEY HIM
(Mat 17:5; Heb. 5:8,9; Acts
2:38; Gal. 3:26–29)
- WE MUST ENDURE TO
THE END (1 Cor. 15:58; Col.
1:23; Heb. 10:38,39)

God *Is* our Refuge & Strength,

A Very Present Help in Trouble.

**LET us face the storms of
life with an unwavering
faith in God TOGETHER?**

**In Christ, with God's help,
we can endure - we can
prosper spiritually - we
can be VICTORIOUS -
TOGETHER!**

God *Is* our Refuge & Strength,

A Very Present Help in Trouble.

Charts by Don McClain / Preached June 21, 2020 AM

West 65th Street church of Christ – P.O. Box 190062 – Little Rock AR 72219 –

Phone — 501-568-1062 — Email — donmcclain@sbcglobal.net

Prepared using Keynote / More Keynote, PPT & Audio Sermons:

www.w65stchurchofchrist.com

Psalm 62:5–8 (NKJV)

⁵ My soul, wait silently for God alone,
For my expectation *is* from Him. ⁶ He
only *is* my rock and my salvation; *He is*
my defense; I shall not be moved. ⁷ In
God *is* my salvation and my glory; The
rock of my strength, *And* my refuge, *is*
in God. ⁸ Trust in Him at all times, you
people; Pour out your heart before Him;
God *is* a refuge for us. Selah