

Psalm 46

The Lord Cares for His People

Psalm 46

God is our refuge and strength,
a very present help in trouble.
Therefore we will not fear though the earth gives
way,
though the mountains be moved into the heart of
the sea,
though its waters roar and foam,
though the mountains tremble at its swelling.
Selah

Psalm 46:1-3 (ESV)

Psalm 46

There is a river whose streams make glad the city of God,

the holy habitation of the Most High.

God is in the midst of her; she shall not be moved;

God will help her when morning dawns.

The nations rage, the kingdoms totter;

he utters his voice, the earth melts.

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

Psalm 46:4-7 (ESV)

Come, behold the works of the LORD,
how he has brought desolations on the earth.
He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.

"Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!"
The LORD of hosts is with us;
the God of Jacob is our fortress. Selah

Ps 46:8-11 (ESV)

In Times of Trouble...

We can:

- turn to friends for counsel and guidance
- turn to drugs to numb the pain;
- run from the situation or try to ignore;
- look to suicide or MAID to end the pain, or
- run to our God.

In Times of Trouble...

We can:

- turn to friends for counsel and guidance
- turn to drugs to numb the pain;
- run from the situation or try to ignore;
- look to suicide or MAID to end the pain, or
- run to our God.

**The Lord God is a much-needed Source of
wisdom and strength.
He is our ultimate Defense!**

God is our sufficient refuge

- He is *our refuge* (verse 1)
- He is *our fortress* (verses 7 and 11)

God is our sufficient refuge

- He is *our refuge* (verse 1)
- He is *our fortress* (verses 7 and 11)

...the name of the LORD is a strong tower; the righteous man runs into it and is safe. Prov 18:10

Psalm 46

God is our refuge and strength,

a very present help in trouble.

Therefore we will not fear though the earth gives
way,

though the mountains be moved into the heart of
the sea,

though its waters roar and foam,

though the mountains tremble at its swelling.

Selah

Psalm 46:1-3 (ESV)

Psalm 46

God is our refuge and strength

a very present help in trouble;

Therefore we will not fear though the earth gives way,

though the mountains be moved into the heart of the sea,

though the waters roar and foam,

though the mountains tremble at its swelling.

**We turn to our God for
strength and wisdom**

Psalm 46:1-3 (ESV)

Jesus Prays

And they went to a place called Gethsemane. And he said to his disciples, “Sit here while I pray.” And he took with him Peter and James and John, and began to be greatly distressed and troubled. And he said to them, “My soul is very sorrowful, even to death. Remain here and watch.” Mk 14:32-38 (ESV)



Jesus Prays

And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. And he said, “Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.” And he came and found them sleeping, and he said to Peter, "Simon, are you asleep? Could you not watch one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

Mk 14:35-38 (ESV)

Paul's Thorn in the Flesh

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

2 Cor 12:9-10 (ESV)

Paul's Thorn in the Flesh

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

2 Cor 12:9-10 (ESV)

God is a very present help in trouble.

God is a Very Present Help in Trouble

Problems:

- Earthquakes (v.2)
- Stormy seas (v.3)
- Political instability (v.6)
- War (v.9)

God is a Very Present Help in Trouble

Problems:

- Earthquakes (v.2)
- Stormy seas (v.3)
- Political instability (v.6)
- War (v.9)

***The LORD of hosts is with us;
the God of Jacob is our fortress.***

If God is for us, who can be against us?

Here Comes Trouble

In the world you will have tribulation. But take heart; I have overcome the world (John 16:33)

Here Comes Trouble

In the world you will have tribulation. But take heart; I have overcome the world (John 16:33)



***The LORD of hosts is with us;
the God of Jacob is our fortress.***



Rivers

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

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

Ps 46:4 (ESV)

If Anyone Thirsts...

On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'" Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified.

Jn 7:37-39 (ESV)

**every believer is filled
with the Holy Spirit**

Psalm 46

**There is a river whose streams make glad the city
of God,**

the holy habitation of the Most High.

God is in the midst of her; she shall not be moved;

God will help her when morning dawns.

The nations rage, the kingdoms totter;

he utters his voice, the earth melts.

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

Psalm 46:4-7 (ESV)

Psalm 46

There is a river whose streams make glad the city of God,



**I will ask the Father, and
he will give you another Helper (Jn 14:16)**



Comforter / Advocat

Psalm 46:4-7 (ESV)

Hezekiah's Prayer

“God, do You hear, have You read, what they think of You? Lord, You have a problem! And, by the way, we have a problem too, and we need You to intervene on our behalf, because we are Your people.”

(Bendell's Summary)

**Come, behold the works of the LORD,
how he has brought desolations on the earth.
He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.**

"Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!"
The LORD of hosts is with us;
the God of Jacob is our fortress. Selah

Ps 46:8-11 (ESV)

Run to the Lord with our problems

Leave them with Him..

Come, behold the works of the LORD,
how he has brought desolations on the earth.
He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
I will be exalted among the nations,
I will be exalted in the earth! "

s 46:8-11 (ESV)

Run to the Lord with our problems

Leave them with Him..

"Be still, and know that I am God.

**I will be exalted among the nations,
I will be exalted in the earth! "**

Ps 46:8-11 (ESV)

Run to the Lord with our problems

Leave them with Him..

"Be still, and know that I am God.



**Recognize His Sovereignty,
admit it, realize it, acknowledge it.**

Ps 46:8-11 (ESV)

Run to the Lord with our problems

Leave them with Him..

"Be still, and know that I am God.



**Recognize His Sovereignty,
admit it, realize it, acknowledge it.**

**The LORD of hosts is with us;
the God of Jacob is our fortress. Selah**

Ps 46:8-11 (ESV)

Selah

SELAH bids the music rest,
Pause in silence soft and blest;
SELAH bids uplift the strain,
Harps and voices tune again;
SELAH ends the vocal praise,
Still your hearts to God upraise.