

God Is Our Refuge

(Psalm 46:1-11)

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 _____ (Matthew 6:33; Hebrews 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!

My Notes:

Psalm 46:1-11

(1) For the choir director. A Psalm of the sons of Korah, set 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 should change And though the mountains slip into the heart of the sea;

(3) Though its waters roar and foam, Though the mountains quake at its swelling pride. Selah.

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

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

(6) The nations made an uproar, the kingdoms tottered; He raised His voice, the earth melted.

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

(8) Come, behold the works of the LORD, Who has wrought desolations in the earth.

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

(10) “Cease striving 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 stronghold. Selah.