

**Psalm 46:1 (GNT)** God is our shelter and strength, always ready to help in times of trouble.

**Psalm 46:1-11 (ESV)** <sup>1</sup> God is our refuge and strength, a very present help in trouble. <sup>2</sup> Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, <sup>3</sup> though its waters roar and foam, though the mountains tremble at its swelling. Selah <sup>4</sup> There is a river whose streams make glad the city of God, the holy habitation of the Most High. <sup>5</sup> God is in the midst of her; she shall not be moved; God will help her when morning dawns. <sup>6</sup> The nations rage, the kingdoms totter; he utters his voice, the earth melts. <sup>7</sup> The LORD of hosts is with us; the God of Jacob is our fortress. Selah <sup>8</sup> Come, behold the works of the LORD, how he has brought desolations on the earth. <sup>9</sup> He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. <sup>10</sup> "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" <sup>11</sup> The LORD of hosts is with us; the God of Jacob is our fortress. Selah

### **1. We have a Shelter in Place.**

**Psalm 46:1 (ESV)** God is our refuge and strength, a very present help in trouble.

- **Shelter or refuge** - Literally "a place of trust". From a verb meaning "to flee" or "to flee to".
- **Strength** - "Strength" implies that God is the source of strength to those who are weak and defenseless; or that we may rely on His strength as if it were our own.

### **2. We have a Source of Peace.**

**Psalm 46:2-3 (ESV)** <sup>2</sup> Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, <sup>3</sup> though its waters roar and foam, though the mountains tremble at its swelling. Selah

### **3. We have a Savior who is Present.**

**Psalm 46:4-5 (ESV)** <sup>4</sup> There is a river whose streams make glad the city of God, the holy habitation of the Most High. <sup>5</sup> God is in the midst of her; she shall not be moved; God will help her when morning dawns.

### **4. We have a Sovereign who is All Powerful.**

**Psalm 46:6-11 (ESV)** <sup>6</sup> The nations rage, the kingdoms totter; he utters his voice, the earth melts. <sup>7</sup> The LORD of hosts is with us; the God of Jacob is our fortress. Selah <sup>8</sup> Come, behold the works of the LORD, how he has brought desolations on the earth. <sup>9</sup> He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. <sup>10</sup> "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" <sup>11</sup> The LORD of hosts is with us; the God of Jacob is our fortress. Selah