



**Be Still - Part 2 - A Psalm of Strength (Psalm 46)  
Pastor Mark Rouse - September 8, 2019**

***Psalm 46***

<sup>1</sup> God is our refuge and strength, an ever-present help in trouble.

<sup>2</sup> Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, <sup>3</sup> though its waters roar and foam and the mountains quake with their surging.

<sup>4</sup> There is a river whose streams make glad the city of God, the holy place where the Most High dwells. <sup>5</sup> God is within her, she will not fall; God will help her at break of day. <sup>6</sup> Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

<sup>7</sup> The Lord Almighty is with us; the God of Jacob is our fortress.

<sup>8</sup> Come and see what the Lord has done, the desolations he has brought on the earth. <sup>9</sup> He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. <sup>10</sup> He says, "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 Almighty is with us; the God of Jacob is our fortress.  
- Psalm 46:1-11

**EVER-PRESENT TROUBLE**

- **We deal with problems in UNHEALTHY ways.**
- **We SHUT people off.**
- **We FORGET God.**
- **We lose JOY.**

**EVER-PRESENT HELP IN TROUBLE**

God is our refuge and strength, an ever-present help in trouble.  
- Psalm 46:1

**1) I will REMEMBER God's faithfulness in the past.**

<sup>4</sup> There is a river whose streams make glad the city of God, the holy place where the Most High dwells. <sup>5</sup> God is within her, she will not fall; God will help her at break of day. - Psalm 46:4-5

**2) I will PRAISE God in the present.**

<sup>6</sup> Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. <sup>7</sup> The Lord Almighty is with us; the God of Jacob is our fortress. - Psalm 46:6-7

The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving. - Psalm 28:7

**3) I will FOCUS MY HOPE on God's promises for the future.**

<sup>10</sup> He says, "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 Almighty is with us; the God of Jacob is our fortress.  
- Psalm 46:10-11

<sup>16</sup> That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. <sup>17</sup> For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! <sup>18</sup> So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

- 2 Corinthians 4:16-18