

Consider
the
Lilies

"This book is exceptional
in every way."
—JOHN MACARTHUR



Finding
Perfect Peace
in the
Character
of God

Jonny
Ardavanis

Consider the Lilies

Chapter 11: *Our Present Refuge*

PART 2: OUR LOVING FATHER

So far, we've looked at God's:

- Goodness and Immutability
- Omniscience and Wisdom
- Sovereignty and Love

Today, we're looking at God as our Present Refuge

- Omnipresence
- Our Helper and Protector

“In recent years we’ve witnessed pandemics, elections, murder hornets, faltering supply chains, weakening borders, soaring gas prices, and global instability. In the past year, I have waded through reports that read ‘US and China Tension Grows,’ ‘Earthquake in Turkey and Syria Kills 60,000,’ ‘Russia Invades Ukraine,’ ‘Iran Strengthens Nuclear Arsenal,’ ‘World War III Looms,’ and last year, in my own city, the news paper read: ‘School Shooting Kills Six.’

And these are just the headlines. But behind the news stories are our stories. Stories of cancer, layoffs, breakups, loneliness, miscarriages, and infertility. Stories that cause us to consider the confusion, madness, and mayhem of the world in which we live.

Our hearts and minds are inclined towards worry and fear.” (pg. 158)

*Both the children of God and the children of this world read the same headlines – they both feel the effects of living as fallen creatures in a fallen world – but only a Christian can anchor in the precious promise that we will examine in this chapter... The truth of Scripture says, ‘There is nothing new under the sun’ (Ecclesiastes 1:9) – **the worries we face today are the worries God addresses in Scripture.**” (pgs. 158-159)*

“God’s people... faced real physical danger and psychological fear. Facing insurmountable odds, King Hezekiah and the entire city of Jerusalem were compelled to ask: Can we really trust God?” (pg. 159)

Divided Kingdom

Samaria •

Jerusalem •

ISRAEL

JUDAH



2 Kings 18:3-7

³ He did right in the sight of the LORD, according to all that his father David had done. ⁴ He removed the high places and broke down the sacred pillars and cut down the Asherah. He also broke in pieces the bronze serpent that Moses had made, for until those days the sons of Israel burned incense to it; and it was called Nehushtan. ⁵ He trusted in the LORD, the God of Israel; so that after him there was none like him among all the kings of Judah, nor among those who were before him. ⁶ For he clung to the LORD; he did not depart from following Him, but kept His commandments, which the LORD had commanded Moses. ⁷ And the LORD was with him; wherever he went he prospered. **And he rebelled against the king of Assyria and did not serve him.**





2 Kings 18:28-35

²⁸ Then Rabshakeh stood and cried with a loud voice in Judean, saying, "Hear the word of the great king, the king of Assyria. ²⁹ Thus says the king, 'Do not let Hezekiah deceive you, for he will not be able to deliver you from my hand; ³⁰ nor let Hezekiah make you trust in the LORD, saying, "The LORD will surely deliver us, and this city will not be given into the hand of the king of Assyria"... ³³ Has any one of the gods of the nations delivered his land from the hand of the king of Assyria? ³⁴ Where are the gods of Hamath and Arpad? Where are the gods of Sepharvaim, Hena and Ivvah? Have they delivered Samaria from my hand? ³⁵ Who among all the gods of the lands have delivered their land from my hand, that the LORD should deliver Jerusalem from my hand?"

2 Kings 19:10-11

¹⁰ 'Do not let your God in whom you trust deceive you saying, "Jerusalem will not be given into the hand of the king of Assyria." ¹¹ Behold, you have heard what the kings of Assyria have done to all the lands, destroying them completely. So will you be spared?

2 Kings 19:15-19

¹⁵ Hezekiah prayed before the LORD and said, "O LORD, the God of Israel, enthroned above the cherubim, You are the God, You alone, of all the kingdoms of the earth. You have made heaven and earth. ¹⁶ Incline Your ear, O LORD, and hear; open Your eyes, O LORD, and see; and listen to the words of Sennacherib, which he has sent to reproach the living God. ¹⁷ Truly, O LORD, the kings of Assyria have devastated the nations and their lands ¹⁸ and have cast their gods into the fire, for they were not gods but the work of men's hands, wood and stone. So they have destroyed them. ¹⁹ Now, O LORD our God, I pray, deliver us from his hand that all the kingdoms of the earth may know that You alone, O LORD, are God."

2 Kings 19:32-35

³² *'Therefore thus says the LORD concerning the king of Assyria, "He will not come to this city or shoot an arrow there; and he will not come before it with a shield or throw up a siege ramp against it. ³³ By the way that he came, by the same he will return, and he shall not come to this city," declares the LORD. ³⁴ "For I will defend this city to save it for My own sake and for My servant David's sake."* ³⁵ *Then it happened that night that the angel of the LORD went out and struck 185,000 in the camp of the Assyrians; and when men rose early in the morning, behold, all of them were dead.*

Isaiah 37:37-38

³⁷ So Sennacherib king of Assyria departed and returned home and lived at Nineveh. ³⁸ It came about as he was worshiping in the house of Nisroch his god, that Adrammelech and Sharezer his sons killed him with the sword; and they escaped into the land of Ararat.

Psalm 46

¹ God is our refuge and strength, a very present help in trouble. ² Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, ³ though its waters roar and foam, though the mountains tremble at its swelling. Selah

⁴ There is a river whose streams make glad the city of God, the holy habitation of the Most High. ⁵ God is in the midst of her; she shall not be moved; God will help her when morning dawns. ⁶ The nations rage, the kingdoms totter; He utters His voice, the earth melts. ⁷ The LORD of hosts is with us; the God of Jacob is our fortress. Selah

⁸ Come, behold the works of the LORD, how He has brought desolations on the earth. ⁹ He makes wars cease to the end of the earth; He breaks the bow and shatters the spear; He burns the chariots with 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 fortress. Selah

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge

Verse 1: God is our *refuge* and strength, a very present help in trouble.

→ provides shelter, protection, and safety.

a sanctuary from danger or trouble.

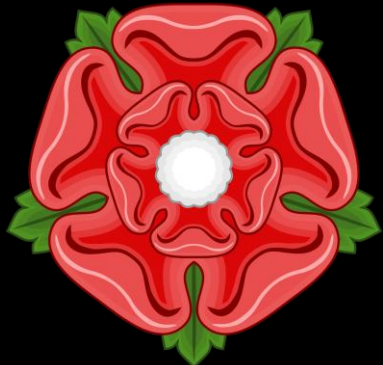
→ (Latin): *sanctuarium*

sanctus (holy) + arium (place)

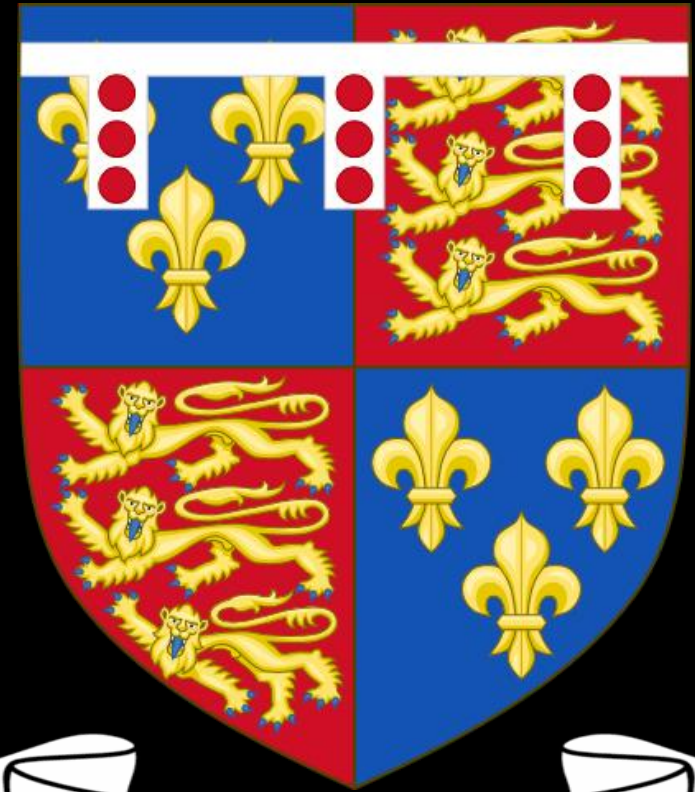
= "holy place"



LANCASTER



1455
TO
1478



YORK



THE WAR OF
THE ROSES



“This is one of the predominate distinctions between a child of God and a child of this world: only a Christian always has a place to go. Whether we are facing little skirmishes or big battles in our lives, we must turn to God... And it is our great comfort that in those moments the gates to the refuge of our Heavenly Father are never shut; His help is ever present.” (pg. 161)

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge

Psalm 46: 7 & 11

The God of Jacob is our fortress.

Psalm 62:6-8

⁶ He only is my rock and my salvation, my stronghold; I shall not be shaken. ⁷ On God my salvation and my glory rest; The rock of my strength, my refuge is in God. ⁸ Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us.

Proverbs 18:10

The name of the LORD is a strong tower; The righteous runs into it and is safe.

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge

Psalm 91:1-4

¹ He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. ² I will say to the LORD, "My refuge and my fortress, My God, in whom I trust!" ³ For it is He who delivers you from the snare of the trapper and from the deadly pestilence. ⁴ He will cover you with His pinions, and under His wings you may seek refuge; His faithfulness is a shield and bulwark.

Luke 13:34

"O Jerusalem, Jerusalem, the city that kills the prophets and stones those sent to her! How often I wanted to gather your children together, just as a hen gathers her brood under her wings, and you would not have it!"

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength

Psalm 46:1

God is our refuge and strength, a very present help in trouble.

Exodus 15:22 and Psalm 118:14 and Isaiah 12:2

“The LORD is my strength and song, and He has become my salvation.”

Psalm 28:7

The LORD is my strength and my shield; My heart trusts in Him, and I am helped.

Psalm 73:26

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength

Isaiah 40:29-31

²⁹ He gives strength to the weary, and to him who lacks might He increases power. ³⁰ Though youths grow weary and tired, and vigorous young men stumble badly, ³¹ yet those who wait for the LORD will gain new strength; They will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.

Isaiah 41:10

"I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand."

Habakkuk 3:19

The Lord GOD is my strength, and He has made my feet like hinds' feet, and makes me walk on my high places.

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength

Ephesians 3:16

... be strengthened with power through His Spirit in the inner man.

Ephesians 6:10

Be strong in the Lord and in the strength of His might.

Philippians 4:13

I can do all things through Him who strengthens me.

Colossians 1:11

...strengthened with all power, according to His glorious might.

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength

“Despairing and downcast children of God must flee to God’s supernatural shelter of peace, but very few come walking without a limp. Fainthearted souls need to be strengthened. Therefore, the psalmist says in Psalm 46:1 that God is not only ‘our refuge,’ but He is also ‘our strength.’ In a troubled and tempestuous world, God not only protects the fearful; He also strengthens and energizes the downcast. The Christian life is not hard, it’s impossible – you cannot live it in your own strength. Therefore, we need God to give us what we cannot give ourselves.” (pg. 162)

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength

2 Corinthians 12:9-10

⁹ And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. ¹⁰ Therefore I am well content with weaknesses... for when I am weak, then I am strong.

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us

Psalm 46:1

God is our refuge and strength, a very present help in trouble.

Psalm 46:7 & 11 repeat:

The LORD of hosts is with us.

“The literal rendering of this in Hebrew is that God is a ‘very findable refuge.’ You don’t have to travel to find Him. He is as near as your next breath, and He is nearer than your trouble itself... He never takes a leave of absence. He is not a ‘sometimes-present God,’ nor is He an ‘often-present God’ – He is an ‘ever-present help in trouble.’” (pg. 164)

God is transcendent while, at the same time, He is immanent.

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us

Isaiah 57:15

For thus says the high and exalted One Who lives forever, whose name is Holy, "I dwell on a high and holy place, and also with the contrite and lowly of spirit in order to revive the spirit of the lowly and to revive the heart of the contrite.

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us

Isaiah 41:10

“Do not fear, for I am with you; Do not anxiously look about you, for I am your God.”

Matthew 28:20

“Lo, I am with you always, even to the end of the age.”

John 14:23

“If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him.”

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us

John 14:16-17

¹⁶ "I will ask the Father, and He will give you another Helper, that He may be with you forever; ¹⁷ that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you."

"At times it may seem as though God is a far way off (Psalm 13:1), but the truth of God's word is that He is 'near to all who call upon Him' (Psalm 145:18). God's promise to His children is 'I will never leave you nor forsake you' (Hebrews 13:5)." (pg. 165)

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us
4. God Is the Lord of Hosts

Psalm 46: 7 & 11

The LORD of hosts is with us.

“The phrase which is translated ‘Lord of hosts’ or ‘Lord of armies’ is used approximately 250 times in the Bible. Now, considering the context of this psalm, think with me: one angel in 2 Kings 19 wiped out 185,000 Assyrians, and yet God is the Lord of hosts. Your Father is the general of angel armies. He is a warrior. And He is with you.” (pg. 166)

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us
4. God Is the Lord of Hosts

1 Samuel 17:45

Then David said to the Philistine, "You come to me with a sword, a spear, and a javelin, but I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have taunted."

Psalm 24:8 & 10

⁸ Who is the King of glory? The LORD strong and mighty, The LORD mighty in battle... ¹⁰ Who is this King of glory? The LORD of hosts, He is the King of glory.

Isaiah 6:3

"Holy, Holy, Holy, is the LORD of hosts, the whole earth is full of His glory."

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us
4. God Is the Lord of Hosts

Psalm 68:17

The chariots of God are myriads, thousands upon thousands.

Matthew 26:53

“Or do you think that I cannot appeal to My Father, and He will at once put at My disposal more than twelve legions of angels?”

└─→ one legion = 5,000 soldiers
x 12 legions = 60,000 angels

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

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2. God Is Our Strength
3. God Is With Us
4. God Is the Lord of Hosts

Psalm 68:17

The chariots of God are myriads, thousands upon thousands.

Matthew 26:53

“Or do you think that I cannot appeal to My Father, and He will at once put at My disposal more than twelve legions of angels?”

“The level of comfort and courage that God’s presence brings to our minds is in direct proportion to the power, majesty, and authority we ascribe to Him.” (pg. 166)

Romans 8:31

What then shall we say to these things? If God is for us, who is against us?

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us
4. God Is the Lord of Hosts
5. Be Still and Know

Psalm 46:10

“Cease striving and know that I am God.” or “Be still and know that I am God.”

“Verses that are the most well-known are often the most misunderstood... ‘Be still and know that I am God’ is not the call for us to live quiet or meditative lives; it’s not merely the verse you put as an Instagram caption as you drink your coffee by a calm summer lake; it’s a truth that draws us toward something – Someone – much bigger. [In Psalm 46] the command to ‘be still’ is against the backdrop of the quaking earth (v. 2), raging sea (v. 3), and warring nations (v. 9), and, exalted above the madness, lifted high above the mayhem, is a God who thunderously says, ‘Quiet! Be still! Know that I am God!’” (pg. 169)

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us
4. God Is the Lord of Hosts
5. Be Still and Know

Mark 4:38

"Teacher, do You not care that we are perishing?"

Mark 4:39-40

³⁹ And He got up and rebuked the wind and said to the sea, "Hush, be still." And the wind died down and it became perfectly calm. ⁴⁰ And He said to them, "Why are you afraid? Do you still have no faith?"



5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us
4. God Is the Lord of Hosts
5. Be Still and Know

Psalm 46:10

“Cease striving and know that I am God.” or “Be still and know that I am God.”

“Our call to ‘stop striving’ is a call to surrender all claims of control and to fall down in worship before a God who is a sturdy refuge to His people. The call for stillness is a call for submission to the Rock of Ages.” (pg. 169)

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us
4. God Is the Lord of Hosts
5. Be Still and Know

“Instead of our Father being our first call in the moment of trouble, He becomes our last resort... It is indeed human nature to put our trust in human resources and human instruments, but the Christian must learn to run to God...

...Are you facing a battle right now in your life? Is there something that overwhelms you? Is there a sleep-stealing thing that keeps you awake at night? A trial, a temptation, a trouble? Do you feel drained, weary, despairing, and despondent?... Is it possible that part of your problem is that you're trying to cope with your trouble in your own strength? Could it be that you aren't running to God as a refuge and relying on Him as your strength?” (pg. 163)

5 Points from Psalm 46 to Help Us Fight Against Sinful Worry and Anxiety:

1. God Is Our Refuge
2. God Is Our Strength
3. God Is With Us
4. God Is the Lord of Hosts
5. Be Still and Know

“This world can be in flames, yet we are within the refuge that is God, nourished by His supply and comforted by His presence. This is not to say that there will be no persecution, affliction, trouble, or pain for God’s people (because those things are promised realities), but to say that, in the midst of it, God is building His church, preserving His own, and comforting His people.” (pg. 168)

Next Time: Chapter 12

The One Who Hears