

**Scripture Reading: Psalm 46 (Entirety)**

**Key Verses: 1 & 11**

**Text:** "God is our refuge and strength, a very present help in trouble" ([Ps. 46:1](#)).

**Psalm 46:11 (KJV)**

<sup>11</sup> The LORD of hosts *is* with us; the God of Jacob *is* our refuge. Selah.

**Background:** Most people recognize this psalm as the basis for Martin Luther's hymn "A Mighty Fortress Is Our God."

The **historical background** is probably God's deliverance of Jerusalem from the Assyrians in the time of King Hezekiah ([2 Kings 18-19](#); [2 Chron. 32](#); [Isa. 36-37](#)).

It would be helpful for you to read these accounts before examining the psalm.

King Hezekiah was a poet and may have written not only this psalm but also 47 and 48, which probably came out of the same historical context and celebrate God's victory over the enemy.

The personal pronouns in 46 are plural (our, we, us), so this is a song for communal encouragement and worship.

The emphasis in this psalm is on the presence of the Lord with His people (vv. 1, 5, 7, 11) and the difference it makes when we trust Him in the changes and difficulties of life.

The psalm focuses on the Lord and what He is to His trusting people.

--Bible Exposition Commentary (BE Series) - Old Testament – Wisdom and Poetry.

I would like to speak to you tonight from a devotional standpoint on the subject...

**Subject:** "How the Lord Helps His People"

I want you to notice **four verbs** tonight (actions the Lord does for us), within each statement that I make to you...

I. **He Speaks to Us!**

**Through Prevailing Prayer**

"He shall call upon me, and I will answer him" ([Ps. 91:15](#)).

Webster defines *prevail*: "To produce or achieve the desired effect; to be effective; succeed."

We are effective when we fellowship with God.

He speaks to us and answers our prayers.

Christians should always continue in a spirit of prayer. Jesus said, "Men ought always to pray and not to faint" ([Luke 18:1](#)).

## II. **He Assures Us!**

### **Through Precious Promises**

*"Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature" ([2 Peter 1:4](#)).*

Many Christians neglect the promises of God.

Through busyness with other concerns, they forfeit the benefits of God's Word.

God's precious promises assure Christians of his protection and provision.

God helps his people through the assurance of his promises. We must read them, review them, reflect, and rely on them.

## III. **He Calms Us!**

### **Through Personal Peace**

*"Peace I leave with you, my peace I give unto you" ([John 14:27](#)).*

Today's world is overrun with illicit sex, drug abuse, and terrorism.

Millions are searching unsuccessfully for peace.

Real and lasting peace is found only in Jesus Christ. He offers peace to those who obey and trust him.

Jesus said, "My peace I give unto you" ([John 14:27](#)). Accept his personalized peace today.

## IV. **He Assists Us!**

### **Through Providential Power**

#### **Romans 8:28 (KJV)**

<sup>28</sup> And we know that all things work together for good to them that love God, to them who are the called according to *his* purpose.

Christians are subject to trials, troubles, and testing like everyone else.

They are not exempt simply because they know Christ.

God helps his people through providential means.

He works everything (good and bad) together for their benefit and his glory (see [Rom. 8:28](#)).

God often rescues his own.

At times he sends his angels to assist. "For he shall give his angels charge over thee, to keep thee in all thy ways" ([Ps. 91:11](#)).

### **Conclusion:**

He **speaks**, He **assures**, He **calms**, and He **assists**!

It doesn't get much better than that, does it friends?

You may need help tonight; come to the Lord with a surrendered heart and spirit and ask Him for what you need?

B. Beach, ThB, MBE

– 3/11/15 OBC, p.m.

– 3/20/24 WHBC, Wed