

46 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

A Rest for the People of God <sup>7</sup> Therefore, as the Holy Spirit says, "Today, if you hear his voice, <sup>8</sup> do not harden your hearts as in the rebellion, on the day of testing in the wilderness, <sup>9</sup> where your fathers put me to the test and saw my works for forty years.

<sup>10</sup> Therefore I was provoked with that generation, and said, 'They always go astray in their heart; they have not known my ways.' <sup>11</sup> As I swore in my wrath, 'They shall not enter my rest.'"

<sup>12</sup> Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God.
<sup>13</sup> But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin.
<sup>14</sup> For we have come to share in Christ, if indeed we hold our original confidence firm to the end.

