

For the director of music. Of the Sons of Korah. According to *alamoth*. A song.

- ¹ *God is our refuge and strength,
an ever-present help in trouble.*
- ² *Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,*
- ³ *though its waters roar and foam
and the mountains quake with their surging. Selah*
- ⁴ *There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.*
- ⁵ *God is within her, she will not fall;
God will help her at break of day.*
- ⁶ *Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.*
- ⁷ *The Lord Almighty is with us;
the God of Jacob is our fortress. Selah*
- ⁸ *Come and see what the Lord has done,
the desolations he has brought on the earth.*
- ⁹ *He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.*
- ¹⁰ *He says, "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 Almighty is with us;
the God of Jacob is our fortress. Selah*

INTRO to series "Summer in Psalms" – The Hebrew Psalms in our Bible are filled with ancient prayers, poems, laments, hymns, and spiritual songs written by God's people throughout many generations. As the Holy Spirit spoke through them, their words of praise and faith were collected into five books with 150 different psalms.

Our Summer series will survey several of the Psalms which proclaim God's faithfulness in all generations. They also call on us to trust the Lord in our own generation, seeking His best purposes in our homes, our church, and the world in which we live. A special part of this summer series will be the incorporation of music and singing led by our worship teams based on the Psalms we study.

INTRO to **Psalm 46**: This Psalm has been the basis for many hymns and songs throughout the ages, including Martin Luther's famous hymn "A Mighty Fortress is our God." The psalm is one of thirteen attributed to the Sons of Korah, who were temple keepers and temple singers who began serving in the days of David and Solomon but are also mentioned as a family name in the days of Moses.

I. God is faithful to provide for our every need. (vs. 1-3)

Question: Where do you look when you find yourself in trouble or in need? What is your first inclination?

-Raging and foaming water was a common metaphor for chaos in the poetry of the ancient world.

-God sits above the chaos on His mighty throne, and He is not affected by chaos. In fact, what is chaos to us is not chaos to Him because of His perfect sovereign authority and control.

-In fact, the theme of God as a refuge is used nearly 100 times in the Hebrew OT. (see **Psalm 32:6-7** below)

II. God is faithful to deliver us according to His promises. (vs. 4-7)

Though the waters in **vs. 2-3** are troubled, roaring, foaming, raging, and surging; but the *“river whose streams make glad the city of God, the Holy Place where the Most High dwells,”* are peaceful and safe. (see also **Psalm 42:1-2a** below).

-The Lord dwells among His people, and He promises to deliver them from all evil and to preserve them day and night.

-Though nations and kingdoms may roar and rage like the troubled waters from earlier in the Psalm, yet God will not be shaken, and He will deliver His people from fear and danger.

-**vs. 7**, like **vs. 11**, is the refrain or chorus for the song- which focuses on God as the “mighty fortress” or “stronghold for His people.”

III. God is faithful to bring perfect peace in and through His Kingdom. (vs. 8-11)

-Just as the prophet Isaiah spoke and prophesied according to the Word of the Lord (see **Isaiah 2:4, 9:5, 7:14, 8:8**), the Lord’s faithfulness is on display in every generation:

-See what the Lord *has* done!

-Hear what the Lord promises He *is* doing.

-Trust in what the Lord has promised He *will* do.

-**vs. 10** is one of the most well-known verses among all the psalms:

“Be still, and know that I am God;

I will be exalted among the nations,

I will be exalted in the earth.”

-The Hebrew idea of “be still” literally means something like “stop striving, let go, trust and wait on the Lord.”

-There is a physical image to the language in **vs. 10** of relaxing one’s grip on a sword or unclenching one’s fist instead of fighting.

-God is presented as warrior who brings “*desolations on the earth . . . who breaks the bow and shatters the spear; he burns the shields with fire.*” BUT, as the Lord of Hosts (Armies), God fights and overcomes not to bring unending violence, but to bring true peace (see **Revelation 22:1-5** below)!

-As God’s people, we are called to His Kingdom work of being peacemakers and peacebuilders in our own lives and generation.

Other Scriptures Referenced:

Psalm 32:6-7: *For this cause everyone who is godly shall pray to You
In a time when You may be found;
Surely in a flood of great waters
They shall not come near him.
7 You are my hiding place;
You shall preserve me from trouble;
You shall surround me with songs of deliverance.*

Romans 8:31, 35-39: *What, then, shall we say in response to these things? If God is for us, who can be against us? . . . 35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? 36 As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” 37 No, in all these things we are more than conquerors through him who loved us. 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

Psalm 42:1-2a: *As the deer pants for streams of water, so my soul pants for you, my God. 2 My soul thirsts for God, for the living God.*

Revelation 22:1-5: *Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb 2 down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations. 3 No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him. 4 They will see his face, and his name will be on their foreheads. 5 There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever.*

Other Quotes/Resources:

“In the midst of our tumultuous, chaotic modern world, Psalm 46 reminds us that God can calm the raging seas and the trembling mountains and turn them to rivers of life and calm dwelling places. All that is required of us is that we *stand still* and acknowledge the God who is *with us*. -Nancy DeClaissé-Walford