

Psalm 46 New American Standard Bible

God, the Refuge of His People.

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God is our refuge and strength,
A very ready help in trouble.

² Therefore we will not fear, though the earth shakes
And the mountains slip into the heart of the sea;

³ Though its waters roar *and* foam,
Though the mountains quake at its swelling pride.

⁴ There is a river whose streams make the city of God happy,
The holy dwelling places of the Most High.

⁵ God is in the midst of her, she will not be moved;
God will help her when morning dawns.

⁶ The nations made an uproar, the kingdoms tottered;
He raised His voice, the earth quaked.

⁷ The Lord of armies is with us;
The God of Jacob is our stronghold.

⁸ Come, behold the works of the Lord,
Who has inflicted horrific events on the earth.

⁹ He makes wars to cease to the end of the earth;
He breaks the bow and cuts the spear in two;
He burns the chariots with fire.

¹⁰ “Stop *striving* and know that I am God;
I will be exalted among the nations, I will be exalted on the earth.”

¹¹ The Lord of armies is with us;
The God of Jacob is our stronghold.

We will use five tools on our expedition that are built around five questions

What questions were provoked within you?

Did anything confuse you?

Did anything move you emotionally?

Did God instruct you to do something?

Did you gain any insight into God's character?

1. David is bold, confident and speaks with great conviction.
2. When we say 'God is' or 'God you are' it is the best way to start our prayers - it establishes who you are coming to and where you stand in the relationship.
3. Our declaration reveals who God is to us
4. When we declare God is something we are humbled by that truth we declare
5. If God is your refuge then you know you will always have a place to go to, to find answers to your questions and confusions.
6. Strength comes to those who have learnt to trust in Him during the trials.
7. He is present to help
8. Knowing He is with you will make a big difference when facing trials,
9. You will discover He is a great help even in dark times
10. No fear no matter what, even if the world should change, even if the world develops a virus like today - God doesn't want us to be afraid.
11. If you believe this truth you will benefit from this truth, by positioning yourself in his care and not trusting in anything else.
12. Why is it important not to be afraid? Fear debilitates and makes you unable to function in the right way at the time you need to.
13. You will function poorly because you are frantic - that's what fear does.
14. Even if mountains slip into the sea, or your world falls apart, your solution is to trust in God.

15. A volcano spits itself out with great power and devastation, but God, our God, can silence even the greatest volcano.
16. Do you know a river that makes you glad?
17. When you trust in God you will know such a river.
18. Have you learnt to swim in the river of praise and rejoice within the eruption of a volcano?
19. Where is the most holy dwelling of God?
20. God is, and there is no one else like our God.
21. God is, and no one can do anything about it no matter how arrogant they are.
22. Even when the nations rebel and kings fall away, God is there because there is no one like Him.
23. When God spoke the earth melted. Do you believe this is true? David did and that is why he has confidence in his trials.
24. The Lord of hosts is He?
25. He is the Lord of the host of heaven.
26. Jacobs God is our strong tower, where we run to and are saved from our enemies. Is that true for you?
27. Come see the works of God, He brings devastation to the wicked, he stops wars and disarms great warriors.
28. God destroys the weapons of your enemies, because your enemies are Gods enemies.
29. Do not strive, rest and trust.
30. With or without you God is going to be exalted on earth and in heaven.
31. When God is with you it will be well with you, because God is our stronghold.