

## Psalm 46 – God the Refuge of His People

### Introduction

It is divided into three primary sections that help it address the thought that God is our stability and safety in two major categories of trials.

- Vss. 1-3 affirm the protective nature of God and contrasts His dependability with the instability and unpredictability of the earth and nature itself.
- Vss. 4-7 Contrasts the peace of being and worshiping in God's presence with the instability of human governments and their threats against God's people.
- Vss. 8-11 conclude by exhorting the hearer to consider and ponder the sovereign nature and power displayed in the works of God on behalf of His people and to call attention to His glory and exaltation.
- Each section is punctuated with the word, "Selah" that reminds us to reflect and meditate on what was just said. "Let him who has ears to hear, listen!"

**Verses 1-3: The Thesis Statement** – God is our refuge and strength, therefore we have nothing to fear. This is the truth; believe it!!! Reminiscent of **Joshua 1**.

### Verse 1: Who is this One that is our GOD?!

1. \*\*\*The rest of the Psalm won't make sense or have an impact in your life if you don't understand and grasp and believe verse 1.\*\*\*
2. God IS! addresses His essence, His nature, His character
3. OUR – Possessive which shows a belonging relationship; two-way
4. REFUGE-Fortress to operate from a position of strength to be able to think clearly; (Ps 23:5a)
5. AND – God is both at the same time, not either one or the other.
6. STRENGTH – He bears us up in our burdens; He fits us or gifts us to handle our service and sufferings; Graces us with His strength to endure and deal with our troubles.
7. God IS a very present help, immediately found – tried and true through the ages!!!
  - a. Literally, He is abundantly available for help in tight places!
  - b. ABUNDANTLY - The God of Much More 2 Chr 25:5-13
  - c. AVAILABLE – Never going to turn you down
  - d. HELP IN TIGHT PLACES – God's help is more than assistance; it's total deliverance. He brings us into broad spaces – Psalm 18:19

### Vss. 2-3 What's the THEREFORE there for?! SELAH!

1. THEREFORE – In view of GOD our Refuge and Strength
2. WE WILL NOT FEAR- This is the cause and effect; like the law of gravity!
  - a. No fear indicates abiding. If we fear, then we are not abiding in the refuge and strength of God, but are trusting in our own strength and understanding.
  - b. Knowing the perfect love of God casts out all fear (1 John 4:18)
3. In the midst of physical calamities and threatening dangers beyond our control (Num 16:30-33)

### Vss. 4-7 Transition and Contrast

1. We go from roaring and foaming water in the seas to calmly flowing streams that are inland. (Is 8:6,7)
2. God is in the midst of her, she will not be moved; We are back to God our refuge, stability and trust.
4. When the morning dawns relates to where we have our hope. (Php 2:20-23)
5. Even when the nations are against the people of God. Psalm 2
6. The Lord of the armies of the heavenly hosts is with us – no one can stand against us.

7. The God of Jacob – The son of promise (Gal 3:26-29; 4:28-31) which is how we know it is the right God.
8. He is our stronghold! Back to God is our refuge and strength. He's not afraid to repeat it. (Ps 105:5)

**Vss. 8-11 Come behold the WORKS of GOD!**

1. What type of works? (Ps 107)
  - a. Makes wars to cease to the ends of the earth; anywhere, anytime or simultaneously
  - b. Struggles with adversarial relationships; besetting sins; previously unknown enemies.
2. Why should we consider His works?
  - a. It will help to keep us from taking matters into our own hands and miserably failing
  - b. Striving – Contending; Disputing with God about the rightness of what He is doing. Exodus 1  
1 Know that I AM GOD! The God of refuge and strength Who makes wars to cease!
  - c. The only thing that is of lasting, eternal importance is that He is exalted among the nations – these were the Gentile nations, not just the people of God. Philippians 2:5-11  
1 The chief aim of man is to glorify God AND enjoy Him forever!  
2 “Whether then you eat or drink, do all to the glory of God.” 1 Cor 10:31
  - d. Not only among the nations, but in all the earth. Ps 98; Romans 8:18-25; Hebrews 1 & 2
3. The conclusion of all is this....
  - a. The Lord of hosts is with us!  
1 Who can stand against Him? Romans 8:35ff  
2 He will preserve us to the end and make us to persevere until we are in His presence.
  - b. The God of Jacob is our stronghold! Back to verse 7! It is no trouble to Him to remind us.  
1 This is a typical musical device – we repeat the chorus or refrain – the main message of a hymn or song.  
2 A reminder that He is a God of Promise, who keeps His promises without fail!  
3 A final reminder that God is our Refuge and Strength – He always stands up for His people, His children, whom He has made us to be by adopting us into His family!
4. **SELAH!!!** Take time to think about it!
  - a. Set aside time at the beginning of each day, before you step out of the house or dive into your work or get distracted by your daily chores, in order to consciously and intentionally determine to be aware of: How God has been your refuge or strength in the past  
1 If you can't think of any incidences in your life, then predetermine some passages of Scripture that give examples of God coming through on behalf of His people. Red Sea; Jericho; Jehoshaphat; Daniel, Shadrach, Meshach and Abednego; Peter in prison; Paul and Silas; Psalm 107 and 111  
2 This sets you up to be alert to what God is doing in your life each day.
  - b. Set aside time at the end of the day to review how God was your refuge and strength that day or earlier in the week.  
1 Journal or just log it in a list  
2 Communicate it with someone else – face-to-face, phone, text, email  
3 Communicate it with God in thankful praise – in quietness, out loud, in song – whatever will help you to connect your head and your spirit with the truth
  - c. The more you repeat it, the stronger the truth resonates in your heart. Then it becomes more automatic. It is what becomes the overflow of your spirit when you are “bumped” or jarred by trials.

**God is our refuge and strength, therefore we will not fear!**