

# PSALM 46 – GOD AS OUR REFUGE

## Introduction

- 1) **Psalm 46:10** – “Be still, and know that I am God”
- 2) “Be still” [Heb. *raphah*] – cease, stop, relax
  - a) God commands us to stop and relax in the time of trouble
  - b) Is our day a time of trouble? Is there ever a time when there is no trouble in the world?
- 3) Verse 10 is the only one spoken by God in this psalm
  - a) All other verses spoken about God in the third person
- 4) A psalm of the sons of Korah – Korah rebelled against Moses and Aaron and died in the wilderness (Num. 16:1-33; 26:9-11); his descendants did not follow his bad example
  - a) “Alamoth” (in title) – some type of musical term (1 Chron. 15:20)
  - b) “Selah” (v. 7) – unknown; possibly a notation for a pause, interlude, or intermission

## I) **God as Our Refuge (vv. 1-3)**

- A) God is our refuge and strength – a strong shelter for the faithful (v. 1)
  - 1) God as a refuge is a theme of this psalm (vv. 1, 7, 11; cf. Psa. 9:9; 31:2; 62:7-8)
  - 2) Source of protection and a fortress to which we can flee in times of trouble
  - 3) “Very present help” – exceedingly abundant and available help (cf. Heb. 6:18)
- B) No need to fear even when the world seems to be falling apart (vv. 2-3)
  - 1) Not coveting the things of this world will keep us content and safe (Heb. 13:5-6)

## II) **The City of Refuge (vv. 4-7)**

- A) God’s city is the place of refuge – God is there and it will not be shaken
  - 1) Earthly nations are filled with rage and kingdoms are shaken – trouble, upheaval, riots, changes in powers and authorities
  - 2) The kingdom of Christ today cannot be shaken (Heb. 12:22, 28)
  - 3) The church is a city of refuge today, to be followed by a heavenly city (Heb. 11:16)
- B) A river is there whose streams bring joy to the city of God – picture of life
  - 1) Jesus is the water of life now to sustain our souls (Jn. 7:37; Rev. 22:17)
  - 2) The eternal city of God has a pure river of water (Rev. 21:10, 22; 22:1-3)

## III) **The Power of Refuge (vv. 8-11)**

- A) We are invited to observe the exalted power of God over all the earth
  - 1) Makes desolate lands and wars to cease – defeats arrogance and armies of men
- B) God commands us to “be still” and know that He is God
  - 1) Important to think calmly and rationally as to who is in control and why
  - 2) God is and will be exalted (Rom. 14:11; Phil. 2:10)

## Conclusion

What a wonderful and comforting conclusion to know that the Lord God is with us and is our God. In a confused, troubled, and dangerous world, this one fact will keep us centered on the goal of everlasting life in the eternal city of God.