

## Psalm 46

*A song for communal encouragement and worship*

Psalm 46 was used by Martin Luther to shape the hymn “A Mighty Fortress is our God”. This Psalm is about the presence of the LORD with His people (vv.1,5,7,11) and the difference it makes when we trust Him in the changes and challenges of this life. Here in this Psalm we can see what He is to His trusting people.

### An Explanation

**v.1-6**

#### God is our refuge and strength

**v.1-3**

A Doctrine v.1

Meditate upon and talk about the images. What truth is communicated?

“Our” – possessive, personal, plural

“Refuge” – protection

“Strength” – provision

“Very present help in time of trouble” – prompt & plentiful

A Deduction v.2-3

“Therefore” – On the grounds of who He is... (see v.1)

The Promise – “WE WILL NOT FEAR”

“Though” – In spite of the fact that...

See historical context: 2Kings 18-19.

Discuss your “unpromising circumstances”.

**God is our river and safety**

**v.4-7**

The Reality of God's presence with us

v.4-5

“make glad the city of God” – Pleasuring

“shall not be moved” – Protecting

“will help her” – Providing

The Futility of God's enemies against us

v.6-7

“nations raging / kingdoms totter” – Menacing

“His voice utters / the earth melts” – Melting

**IN OTHER WORDS: Whether our lives are shaking from nature or nations, God is our refuge (i.e. protection) and river (i.e. pleasure). We will not fear or be moved!**

**An Invitation**

**v.8-11**

**COME...(v.8a)**

Behold the works of the LORD v.8-9

“wars cease”

“breaks the bow”

“shatters the spear”

“burns the chariots”

Be still and know that I am God v.10-11

“I will be exalted among the nations” – His Exaltation

“The LORD of Hosts is with us” – Our Edification