



# *Psalm 46*

*Our Refuge and Strength*





## PSALM 46 (NIV)

[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.





## PSALM 46 (NIV)

[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.





## PSALM 46 (NIV)


[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.





## PSALM 46 (NIV)

[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.





# GENESIS 1:9-10 (NLT)

Then God said, “Let the waters beneath the sky flow together into one place, so dry ground may appear.” And that is what happened. God called the dry ground “land” and the waters “seas.” And God saw that it was good.





# GENESIS 7:11b (NLT)

...all the underground waters erupted from the earth,  
and the rain fell in mighty torrents from the sky.





# PSALM 46:2-3 (NIV)

[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.





# PSALM 46:1

God is our refuge  
and strength, an  
ever-present  
help in trouble.







# DISCUSS / REFLECT

How has the COVID-19 pandemic affected you emotionally?

In what way is your prayer life or faith different in times of trouble vs. when all is well?



# PSALM 46:4 (NIV)

There is a river whose streams make glad the city of God, the holy place where the Most High dwells.













# PSALM 46:5 (NIV)

God is within her, she will not fall; God will help her at break of day.





The background is a light beige, textured surface resembling aged paper. In the bottom left corner, there is a decorative black scrollwork design that extends upwards and to the right, featuring elegant, swirling lines and leaf-like shapes.

# **DISCUSS / REFLECT**

Has there ever been a time in your life when everything around you was falling apart, but God was holding you together inside?







# PSALM 46:10 (NLT)

“Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”





# MARK 4:39 (NLT)

When Jesus woke up, he rebuked the wind and said to the waves, “Silence! Be still!” Suddenly the wind stopped, and there was a great calm.







## **PSALM 46:10 (NIV)**

He says, "Be still, and know that  
I am God; I will be exalted  
among the nations, I will be  
exalted in the earth."



