

Psalms 46

No copyright materials are used in this text

The summary and interpretation of the specific chapter and verses are from the Bible, they are religious text that is in the public domain.

Free to Copy and Distribute: Spread the Word!

(Peter Lok) 駱沅祺

lokpeter@outlook.com

Bibleao.com

Psalms 46

be still and calm

Psalm 46 begins with the first sentence, "God is our refuge," and ends with the final sentence, "Jacob's God is our refuge," and every word implies strength, inspiring faith, courage, and hope. No matter how the world changes, how difficult the circumstances, how difficult the road is, and how there is not even a glimmer of light, we firmly trust in God as the true helper, strength, and refuge, and no force can disturb the peace of our hearts. In the midst of tribulation, God's children experience Him as our ever-present help, as a refuge prepared for His children to find, and a refuge sufficient for all calamities.

Psalm 46 teaches us that when faced with hostile circumstances, we first come to God, observe His works, and consider God's wonderful works in history and His grace in our lives. Second, we need to learn to let go and rest, and realize that God is the Lord of all things in the universe, and that God is still in power even if the heavens and the earth change, the waves roar, and the mountains and the earth crack. From Israel's history, we see that God was Israel's constant help wherever they led. As we turn from confusion and fear to God and focus on God's work, we experience that the Lord Almighty is with us and that the God of Jacob is our high platform.

The situation in today's world is turbulent, there are wars, and the besieged people are hopeless and do not see the light. Perhaps we are also facing difficulties in our lives, such as illness, unemployment, business decline, marriage difficulties, and if people do not have God, they will feel fear and wander. However, we have God, and we must know that God is our refuge, our help at all times, and we can rely on Him.

There is a river called the River of Joy. The river of God is the river of life, from God. Life from God is a joy to man, and it is to be happy in the midst of the tumult of the nations and the troubles of life. In the midst of irresistible danger, one can flee to God and seek this refuge in His arms, comfort you, and turn

your sorrow into laughter. Even if there is darkness before your eyes, go to God, and the night will eventually turn to dawn (Psalm 46:5), and everything will be a thing of the past.

God said, "Rest and know that I am God." Many times, when we have a problem, the mind knows to rely on God, but it still comes up with its own way or relies on relationships for help. However, God tells us not to rely on others or ourselves, but to rely on God with all our hearts. When we rely on Him, He will keep us unmoved. We trust that God is still in control, knowing that He is our refuge and our ever-present help. When we truly believe, we can remain safe even in uncertain, turbulent circumstances. Even though the waves are rough outside, we are still calm and secure inside. We can only be truly at peace when God is with us, and we are to rely on Him with all our hearts.

Today, maybe you are at a low point in your life, Jesus loves you, and He understands your situation. You may be facing a major blow in your life, and no matter how hard you try, you can't control the wheel of life, but the Lord has given us a glorious promise: God is our refuge. Those who take refuge in Jehovah are like Mount Zion, never moving (Psalm 125:1). Are you willing to continue to bear alone in the storm, or are you willing to say to the Lord, "Lord, take me into your refuge and let the unchanging Almighty God be the firm security of life?" The earth will change, the mountains will move, the waters will churn, and even the mountains will tremble with the rising sea. But as children of God, we need not be afraid, because everything is under God's control, and no calamity can come near us without His permission.

We pray together: Lord, thank You for being our help and shield. Let us rely on You alone in our afflictions, trust in You with all our hearts, not rely on our own understanding, do not use our own methods to fight for anything, but trust in You alone as the Lord of our lives. May we walk in this way on the wonderful path You have prepared for us, trusting that You will reach out to save us and make us experience Your riches and glory again. Help us to see Your works and help us learn to rest, for You are God Almighty, God of grace! You will keep us and help us. May You be exalted among all nations, and exalted on all the earth.

Pray and thank you in the holy name of the Lord Jesus Christ, amen.

Psalm 46

Psalm 46

Amplified Bible

God the Refuge of His People.

To the Chief Musician. *A Psalm* of the sons of Korah, set to soprano voices. A Song.

46 God is our refuge and strength [mighty and impenetrable],

A very present *and* well-proved help in trouble.

2

Therefore we will not fear, though the earth should change

And though the mountains be shaken *and* slip into the heart of the seas,

3

Though its waters roar and foam,
Though the mountains tremble at its roaring. *Selah.*

4

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

5

God is in the midst of her [His city], she will not be moved;
God will help her when the morning dawns.

6

The nations made an uproar, the kingdoms tottered *and* were moved;
He raised His voice, the earth melted.

7

The Lord of hosts is with us;
The God of Jacob is our stronghold [our refuge, our high tower]. *Selah.*

8

Come, behold the works of the Lord,
Who has brought desolations *and* wonders on the earth.

9

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

10

“Be still and know (recognize, understand) that I am God.
I will be exalted among the nations! I will be exalted in the earth.”

11

The Lord of hosts is with us;
The God of Jacob is our stronghold [our refuge, our high tower].

Psalm 46 is a powerful declaration of God's sovereignty, protection, and presence in the midst of chaos and turmoil. It emphasizes that, regardless of the circumstances we face, God is our refuge, strength, and help, ever-present in times of trouble. This psalm is particularly noted for its themes of divine security, peace, and the confidence that God brings in the midst of life's storms.

Full Description of Psalm 46

Psalm 46 is traditionally attributed to the sons of Korah, and its message is a song of trust and confidence in God's ability to provide security in times of crisis. It is divided into three main sections, each focusing on different aspects of God's protection and the peace that comes from His presence.

1. God Is Our Refuge and Strength (Verses 1-3)

**1 God is our refuge and strength,
A very present help in trouble.
2 Therefore we will not fear, though the earth should change
And though the mountains slip into the heart of the sea;
3 Though its waters roar and foam,
Though the mountains quake at its swelling pride. (NASB)**

This opening declaration sets the tone for the psalm. It acknowledges that, in the midst of life's most severe trials, God is both our *refuge* (a place of safety) and *strength* (the source of power to endure). The image of the earth shaking and the mountains falling into the sea highlights natural catastrophes, but even in such overwhelming chaos, we do not need to fear because God is with us.

- Verse 1: God is described as "a very present help in trouble," signifying His immediacy and faithfulness in times of crisis.
- Verse 2-3: The psalmist uses vivid imagery of the earth and mountains trembling to illustrate that even when the most stable, immovable aspects of the world seem to collapse, we can still trust in God's unshakable presence.

Spiritual Influence:

- This section encourages believers to trust in God's presence and provision, no matter how unstable or chaotic life may become. It teaches that our security does not rest in external circumstances but in God's faithfulness and power.

2. The River of God's Delight and Protection (Verses 4-7)

**4 There is a river whose streams make glad the city of God,
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 melted.
7 The Lord of hosts is with us;
The God of Jacob is our stronghold. (NASB)**

This section describes the "city of God" as a place of joy and stability, symbolized by a river that flows through it. The river represents God's presence and His life-giving provision for His people. The image of the city being unshaken despite external turmoil reinforces the message that God's protection is certain, regardless of the noise and instability of the nations around.

- Verse 4-5: The river signifies God's constant supply and peace, making His city (often understood as Jerusalem, but symbolizing God's people) a place of gladness and security.

- Verse 6-7: Despite the tumult and aggression of the nations, God's voice commands authority, and His presence is more powerful than any threat. His might causes the earth to "melt"—indicating His complete control over all creation.

Spiritual Influence:

- These verses remind us that God's presence brings peace and stability. The "river" represents the spiritual sustenance that God offers to His people, filling us with joy and strength, even when external circumstances are unstable. Believers are called to find refuge in God's unshakable presence, which is more powerful than any worldly threat.

3. God's Ultimate Authority and Victory (Verses 8-11)

8 Come, behold the works of the Lord,
 Who has wrought desolations in 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 "Cease striving and know that I am God;
 I will be exalted among the nations,
 I will be exalted in the earth."
 11 The Lord of hosts is with us;
 The God of Jacob is our stronghold. (NASB)

This final section emphasizes God's ultimate power over all things, both in times of peace and in times of war. The works of the Lord are seen in His ability to bring peace, ending wars and breaking weapons of conflict. The phrase "Cease striving and know that I am God" is a call to surrender to God's sovereignty and rest in His control, especially when the world seems chaotic.

- Verse 8-9: God's intervention in the world involves bringing an end to violence and war. His authority extends to all nations and kingdoms, and His power can end any conflict.
- Verse 10: God invites His people to stop striving and cease fighting in their own strength. Instead, they are to recognize and trust in His sovereignty over all things.
- Verse 11: Repeats the central message that the "Lord of hosts" is with us, and that He is our *stronghold* (a place of protection and refuge).

Spiritual Influence:

- This section calls for trust and surrender to God's sovereignty. When we face trials, it's easy to fall into anxiety, striving, or self-reliance. This verse invites believers to stop striving, rest in God's control, and know that He is ultimately in charge of the

universe and all its events. His victory over conflict and war shows that His ultimate plans will prevail.

Key Verses from Psalm 46

- Verse 1: *"God is our refuge and strength, a very present help in trouble."*
 - This verse is the cornerstone of the psalm, assuring us that God is not only our protector but also our source of strength in difficult times.
 - Verse 2-3: *"Therefore we will not fear, though the earth should change and though the mountains slip into the heart of the sea..."*
 - These verses underscore that even when the natural world seems to collapse, God remains unchanging, and we do not need to fear.
 - Verse 7: *"The Lord of hosts is with us; the God of Jacob is our stronghold."*
 - A reminder that God's power and protection are with His people. The use of "hosts" (armies) emphasizes His mighty strength.
 - Verse 10: *"Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*
 - A powerful reminder that God is in control, and the appropriate response in times of trouble is to cease our anxious efforts and recognize His sovereignty.
-

Spiritual Influence and Application

1. God Is Our Unshakable Refuge:

- This psalm encourages believers to find their ultimate security and peace in God, who is our refuge and strength. In the face of personal or global crises, we can trust that God's presence is a constant and dependable source of protection and stability.

2. Trust in God's Sovereignty:

- Psalm 46 emphasizes God's absolute sovereignty over all things, including natural disasters and international conflicts. As believers, we are called to recognize that God rules over all, and we should trust in His plan, even when circumstances seem chaotic.

3. Peace Through Surrender:

- Verse 10's invitation to "Cease striving and know that I am God" teaches us to surrender our worries, fears, and struggles to God. Instead of trying to

control everything ourselves, we are invited to rest in His power and trust in His ability to bring peace and resolution.

4. God's Ever-Present Help:

- The theme of God being "a very present help in trouble" reminds us that, in the midst of challenges, God is not distant. He is actively involved in our lives, providing help, comfort, and strength whenever we call on Him.

5. Victory and Final Peace:

- Ultimately, the psalm points to the future peace that God will bring when He makes all things right. As believers, we can look forward to God's final victory over all conflict, knowing that He will be exalted among the nations and in the earth.

Conclusion

Psalm 46 is a powerful psalm of reassurance, calling believers to trust in God's presence, power, and sovereignty. In the midst of personal crises, global chaos, or natural disasters, we can take comfort in knowing that God is our refuge and strength, and that He is actively involved in bringing peace and resolution. The psalm invites us to stop striving, rest in God's sovereignty, and place our trust in His unshakable promises.