

Psalm 46 – Be Still

Read Psalm 46

God is Sufficient

Vss. 1-3: When we read these first three verses we should be encouraged by their words and know how wonderful a promise this is. To know the Creator of Everything is our *refuge* – God is our shelter. He is our protector. He is without a doubt the One who protects us from dangers and the evils of this world. He too stands as our *strength*. You see it is not we who are strong, but it is God who is strong, and enduring, and powerful, and the One who is the formidable force we need in our lives. To carry this further, we see here that God, and I love the words used here – He is a “very present help in trouble.” When I was reading this the other day, I was reminded of the message from Tony on Homecoming that he received from Psalm 121 that helped us better understand the answer to the question, “Where does my help come from?” To be present is to be fully engaged, aware of, and involved with another person. The psalmist informs us that God is “very” present. In other words, we are to trust and to know without any apprehension that God is engaged with us. He is aware of us. He is always involved with us. Very means “to the highest degree.”

Therefore, we will not fear – only the trusting and confident Christian can make such a bold statement. How can we face the disaster that has hit our home? With no fear and VERY confident in God to take care of us!

God is Secure

Vs. 4: Whether this river is real or symbolic, we are to know that God is the one who will bring the joy back into our lives, back into our community. It is God who brings refreshment. When I think of this, I think of the promises found in Revelation 22:1-5. Listen to this: **Read Revelation 22:1-5.**

Vss. 5-7: In verses 5-7 the psalmist is offering more words of comfort. Perhaps he is speaking of Israel's continued troubles or perhaps it stands as prophetic for us today. Consider the words found here which speak of a world filled with turmoil and rage. A world against the church, against Jesus, against God. But notice the promise for us here. God has not left us alone. He has not left His creation to fend for itself. No, He is the reason we cannot be moved. He is our fortress! Amen!

God is Supreme

Vss. 8-9: Are we living in the last days? Not yet, but when the day comes, the Bible teaches us that the earth will be wrecked and death will be everywhere and that all the works of God, which is Jesus Christ, will prove for the last time to every man and woman that there is a God. Do you believe this today? Do you know Jesus? I hope so. Because HE is the one who will end the turmoil, stop the wars, and eventually bring peace. We should live each day with the mindset of “thy Kingdom come.” With Jesus in your heart, the Kingdom can already be present, and then our hope rests in the King coming again in righteousness to deliver the new heaven and the new earth.

Vss. 10-11: Here we have one of the most quoted verses from the Bible – *Be still, and know that I am God.* What a powerful and comforting verse. When the storms come, will you trust God enough to remain calm? When the wickedness of this world arrives at your front door, will you trust God enough to remain calm? When politicians fail, government systems fail, economies fail, will you trust God enough to remain calm? I surely hope so. After all, whether we do or not, God will fulfill His purpose, which is given for us here as well. His purpose is to be exalted – He will be raised high. He will be praised!

God is our refuge and strength, a very present help in trouble.

Prayer: Father, you are our comfort and strength
in times of sudden disaster, crisis, or chaos.
Surround us now with your grace and peace
as we deal with this storm.

By your Spirit, lift those who are weakened,
sustain those who work to rescue and rebuild,
and fill us with the hope of our salvation through Jesus Christ;
Our rock, and our redeemer. We love you Lord and we ask
these things in your mighty and holy name, Amen!