

# Readings

## Scripture

<sup>1</sup>God is our refuge and strength, a very present help in trouble. <sup>2</sup>Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, <sup>3</sup>though its waters roar and foam, though the mountains tremble at its swelling. *Selah*

<sup>4</sup>There is a river whose streams make glad the city of God, the holy habitation of the Most High. <sup>5</sup>God is in the midst of her; she shall not be moved; God will help her when morning dawns. <sup>6</sup>The nations rage, the kingdoms totter; he utters his voice, the earth melts. <sup>7</sup>The Lord of hosts is with us; the God of Jacob is our fortress. *Selah*

<sup>8</sup>Come, behold the works of the Lord, how he has brought desolations on the earth. <sup>9</sup>He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. <sup>10</sup>“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” <sup>11</sup>The Lord of hosts is with us; the God of Jacob is our fortress. *Selah*  
- Psalm 46 (English Standard Version)

## Reflection

Our true security is in God, not in God *plus* anything else.  
- Derek Kidner, *Psalms 1-72 A Commentary* (p. 174)

A mighty fortress is our God,  
a bulwark never failing;  
our helper he, amid the flood  
of mortal ills prevailing.  
For still our ancient foe  
does seek to work us woe;  
his craft and power are great,  
and armed with cruel hate,  
on earth is not his equal.

Did we in our own strength confide,  
our striving would be losing,  
were not the right Man on our side,  
the Man of God’s own choosing.  
You ask who that may be?  
Christ Jesus, it is he;  
Lord Sabaoth his name,  
from age to age the same;  
and he must win the battle.

- Martin Luther, Hymn *A Mighty Fortress Is Our God*

# Sermon Outline

**His Power**  
Psalm 46

*Vintage Vinyl*  
Brad Anderson

*Because God is a very present help in trouble, we can find our refuge in him.*  
(Psalm 46:1)

### How do we experience God as the only refuge we need?

**Reassured: though the mountains are moved into the heart of the sea...**  
(Psalm 46:1-3)

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**Unmoved: though the nations rage...** (Psalm 46:4-7)

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**Encouraged: beholding the work of God’s grace...** (Psalm 46:8-11)

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### Reflection Questions (taken in part from the Serendipity Study Bible for Groups)

- How and when have you experienced God’s power in the form of a sheltering refuge or a fortress? When you think of the image of a refuge or a fortress what comes to mind? Does the image comfort you? Why or why not?
- Biblical writers often used apocalyptic pictures to describe a national crisis. What might be happening to Israel here (Psalm 46:2-3, 6)?
- Why does the writer feel immune to disaster (Psalm 46:4-5)? Did Israel prove to be immune?
- What 7 phrases describe God? Which of these have proven true?
- The New Testament usually applies promises originally meant for Israel to the church. What forces threaten the church today?
- Could verses 2-3 and 5-6 portray any crisis in your life? How did you respond to that crisis?
- What difference does it make to you to know Jesus is Lord over all those chaotic events? How is he a “fortress” to you? Where do you feel a need for his special protection right now?
- Spend some time in prayer as a group. As each group member shares a “trouble” one member can read verse 10 in response.