

## Psalm 46 - God is with Us

**INTRO:** Thank you for the prayers and support for our trip to Nicaragua. **[Summary...August 17th recap]**

**Theme:** What do you do when fear and anxiety overwhelm you? When the day of trouble comes, where do you turn to? Who do you turn to? I'm sure you can think of times in your life when you were overwhelmed with fear because of the troubles you faced. Maybe you are in this place right now.

**Psalm 46** gives us the encouragement that we are not alone. God is with us. He is sovereign over all. Even when the world around you seems to be collapsing, God will remain strong. This Psalm should be in your arsenal of weaponry when the days become dark and when anxiety and fear overwhelm you. It should be deposited in your soul.

### Psalm 46:1-11 (NIV)

*For the director of music. Of the Sons of Korah. According to alamothe. A song. (Numbers 26)*

- <sup>1</sup> *God is our refuge and strength,  
an ever-present help in trouble.*
- <sup>2</sup> *Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,*
- <sup>3</sup> *though its waters roar and foam  
and the mountains quake with their surging.*
- <sup>4</sup> *There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.*
- <sup>5</sup> *God is within her, she will not fall;  
God will help her at break of day.*
- <sup>6</sup> *Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.*
- <sup>7</sup> *The Lord Almighty is with us;  
the God of Jacob is our fortress.*
- <sup>8</sup> *Come and see what the Lord has done,  
the desolations he has brought on the earth.*
- <sup>9</sup> *He makes wars cease  
to the ends of the earth.  
He breaks the bow and shatters the spear;  
he burns the shields with fire.*
- <sup>10</sup> *He says, "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 Almighty is with us;  
the God of Jacob is our fortress.*

**[Prayer]** There are **three stanzas** and one chorus in this Psalm. The Chorus: *The Lord Almighty is our fortress because He is with us!* The message is when things in life look bleak and you are surrounded on every side, when the gates of hell look like they will prevail against the church, God shows up! Praise God! Broken up in three parts with Selah (v. 3, 7, 11), where we are called to pause and reflect. This was the favorite Psalm of the reformer **Martin Luther** who would often say, "Let us sing Psalm 46 and let the devil do his worst." We will not fear God is with us.

**[Quote]** "We sing this psalm to the praise of God, because God is with us, and powerfully and miraculously preserves and defends His Church and His Word, against all fanatical spirits, against the gates of hell, against the implacable hatred of the devil, and against all the assaults of the world, the flesh, and sin." -**Martin Luther**.

**Context:** During the time of Isaiah there was a fear of the Assyrians. Brutal, barbaric people with the intent of world domination. They used physiological and physical threats to weaken and destroy their opponents. Surrounding cities, taunting them with a messenger to surrender. If they didn't they would attack setting houses on fire, murdering, raping and pilaging the people of the city. (2 Kings 18-19)

During the reign of King Hezekiah in Judah a messenger was sent from the king of Assyria taunting the people of Judah. *"There is no god that can save you. Don't listen to your cowardly king Hezekiah."* But King Hezekiah sought the Lord for help. He laid the overwhelming problem on the altar of the Lord. That night the angel of the Lord went outside the gates of Jerusalem and killed 185,000 soldiers! This is the context in which this Psalm was written. There is also context by the authors (Sons of Korah) that I will get to later.

**We have a God that commands angel armies** who watches over us and is an ever-present help in time of need. Here are three ways our faith can be strengthened when we are in fear and worry.

**1. We can have *unshakeable* courage because God is our refuge (v. 1-3).**

Normally Psalmists will start out with complaining and lamenting of circumstances and then turn to God but this Psalm starts with God and ends with God.

**Psalm 46:1-3**

<sup>1</sup> *God is our refuge and strength, an ever-present help in trouble.*

<sup>2</sup> *Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,*

<sup>3</sup> *though its waters roar and foam  
and the mountains quake with their surging.*

God is our refuge and strength. He is near to us. He is ever-present in trouble. Do you ever feel when you share your troubles with someone and they get really awkward and it ends up pushing people away until you solve your problem? ***This is not how God is.*** Your troubles bring his presence closer. He doesn't take away your troubles but He is ever-present **in our troubles. We will not fear...** (v.2) **Context of Authors (Korah rebelled against Moses - Numbers 16, God opened up the earth and swallowed them)**

In the violence of natural disasters and family rebellion, God is our refuge. Your protection is only as good as how strong your walls are. God is stronger than any fortified city. There's a big difference between finding shelter in a shack versus a castle. (Nicaragua house). Growing up in a trailer there were times I thought the wind would blow us away. Always envious of people that lived in brick houses. They seemed so safe. **We can have courage that God is with us and he is our refuge.**

**2. We can have *unconditional* joy because God is with us (v. 4-6).**

**Psalm 46:4-7**

<sup>4</sup> *There is a river whose streams make glad the city of God, the holy place where the Most High dwells.*

<sup>5</sup> *God is within her, she will not fall; God will help her at break of day. [mercies new every morning]*

<sup>6</sup> *Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.*

<sup>7</sup> *The Lord Almighty is with us;  
the God of Jacob is our fortress.*

**What a change to the tone:** from earthquakes to a peaceful river. (Psalm 36:7-9 *The people of God feast on the abundance of your house; you give them drink from your river of delights. For with you is the fountain of life...*) When we look around our world today, you can see a lot of nations in uproar and kingdoms rising and falling. Yet the Psalmist is saying that the Kingdom of God will never end. The visual here is a fortified city with a mighty warrior king and the city has a river running through it that brings all the flourishing needed. It's a lot harder to take over a city that has a river because they have all they need to survive. The river we have is the Spirit of God. (I've got a river of life flowing out of me) Jerusalem didn't have a river near it. But in the future there will be a river flowing from the throne of God out of Jerusalem.

### Psalm 16:11

*You make known to me the path of life; you will fill me **with joy in your presence**,  
with eternal pleasures at your right hand.*

**At 18, Jonathan Edwards wrote his first sermon on Christian Joy. Three points:** (1)bad things in life will turn out for good (2)Good things can never be taken from you, and (3) the best is yet to come. (This life is as bad as it gets) We don't have to be afraid. These light and momentary troubles...

**Verses 7 and 11 are part of the chorus** The LORD Almighty is with us. Different Hebrew word for *refuge* than in verse one implies a place of great height that is inaccessible. (Our high stronghold)  
LORD Almighty (Lord of Hosts) (Yahweh/Jehovah Seboath) God of angel armies in heaven and earth.  
God of Jacob - Covenant, mercy and grace. God of Israel. He makes promises to his people that he keeps.

### 3. We can have **unexplainable** peace because God is in control (v. 8-11).

#### Psalm 46:8-11

<sup>8</sup> *Come and see what the Lord has done, [invitation to behold God for who he is]  
the desolations he has brought on the earth.*

<sup>9</sup> *He makes wars cease to the ends of the earth. [He is sovereign over all leaders of the earth]  
He breaks the bow and shatters the spear;  
he burns the shields (chariots) with fire. 9*

<sup>10</sup> *He says, "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 Almighty (the Lord of Hosts) is with us;  
the God of Jacob is our fortress.*

We can unexplainable joy knowing God is in control...he makes wars cease and humbles the proud.  
Every page of Scripture is an invitation for us to see the glory of God. He makes wars cease. At the sound of his voice mountains melt like wax. (Psalm 97)

There is an invitation: *Come see what the Lord has done... behold who he really is: this gives us peace.*

**Psalm 115:3** *"Our God is in heaven, he does whatever pleases him."*

**V. 10** To be still and know that He is God does not mean to sit and reflect or meditate. Looks nice on a coffee cup but what does it really mean? What it really means is to surrender to his power and sovereignty. Another way to translate this verse is "Stop fighting and know that I am God over the nations; over all the earth." He is sovereign over all. The more you give yourself over to the knowledge of God the longer the stillness of the storm lasts in your soul.

**The Gospel Connection:** God promised he would be with us...sending His Son Jesus—He shall be called Emmanuel - God with Us. Because of His sacrifice on the Cross for our sins, Jesus has been exalted among the nations. **Philippians 2** *"At the name of Jesus every knee will bow and tongue [language] confess that He is LORD."* Everything in history is pointing to the last day of Christ exalted. **[As seen in Nicaragua]** Jesus is the stream of water that makes us glad.

#### John 7:37-39

*On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.*

Because of the blood of Jesus we can be still and know that he is God.

When He saves us there is a calming of the storm within our souls because we have peace with God. We are no longer under his wrath.

### **Romans 5:1-2**

*Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God.*

When desolation and destruction comes at the end of time we don't have to fear. As the writer of Hebrews says there will be a great shaking, no one will be able stand against the LORD. Everything not of the Lord will burn up and crumble to the ground. What cannot be shaken will remain; those who are in Christ.

### **Hebrews 12:28-29**

*Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our "God is a consuming fire."*

**We have to remember that our citizenship is in heaven...**a city that cannot be shaken. A refuge of impenetrable walls that no enemy can touch.

**As Martin Luther wrote in the Hymn *A Mighty Fortress is Our God*. referring to Psalm 46:** "Let goods and kindred go, this mortal life also—the body they may kill; God's truth abideth still, His kingdom is forever."

**When Jesus returns he will make all wars cease.**

### **Revelation 1:7-8**

*7 Behold, he is coming with the clouds, and every eye will see him, even those who pierced him, and all tribes of the earth will wail on account of him. Even so. Amen. 8 "I am the Alpha and the Omega," says the Lord God, "who is and who was and who is to come, the Almighty."*

**He will return with fire in his eyes, a sword in his mouth, robe dipped in blood.**

Jesus will dwell among us again in the new city of God.

### **Revelation 21:3-4**

*3 And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. 4 He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."*

**Conclusion to Communion:** This psalm is about surrendering to the God of the universe who is in control. Fear and anxiety **must bow the knee** to the sovereign King of the universe. He gives us unshakable courage, unconditional joy, and unexplainable peace within. I spent a lot of years running from God. I felt like I was justified in my running because of things that happened to me as a child. At some point I had to come to the conclusion that God is in control and I'm not. I needed to stop fighting and surrender to His sovereign will, not my own. Jesus will one day physically sit on the throne of the new Jerusalem but until then we must allow him to sit on the throne of our hearts today. The citizens of God's kingdom are those who have already allowed him to sin on the throne. Those who are still before him.

**As communion is being passed I would like to share a song that I wrote**

### **Song - *Be Still***

**[Take Communion - 1 Cor. 11]** We proclaim the Lord's death until he returns. Don't take communion in an unworthy manner. Ask God to search your heart.

### **Song - *Lord of Hosts***

**Dismissal:** If you want to know more about following Christ, getting baptized or getting connected into biblical community stop by the welcome center.