

STAY CALM WHEN LIFE GETS NOISY; DADDY'S HERE! PSALM 46
HANDOUT FOR LADIES' BIBLE STUDY 11/4-5/25 GAIL HAMLINE

The names of God used by the sons of Korah in Psalm 46:

Elohim—The Supreme God—TWOT— “...denoting God’s greatness or superiority over all other gods.” (vv. 1,4, 5 X’s2)

Elyon—Most High—TWOT— “In the OT Elyon appears only in poetry and reflects the idea of omnipotence (Ps. 18:13) universality (Psalm 83:18) and constancy (Ps. 21:17) (v.4)

YAHWEH Sabot—LORD of Hosts—Personal name of God used in conjunction with being the commander of armies of angels or men. (vv. 7,11)

Elohim of Jacob—The Supreme God of Jacob reflects a binding covenant relationship. (vv. 7,11)

YAHWEH—LORD—Personal name for God (v. 8)

SUMMARY STATEMENT: Daddy’s here in the worst of times securing His glory and our good.

BIG IDEA: Stay calm when life gets noisy; Daddy’s here!

INTRODUCTION (v. 1)

The Psalmist’s summary statement in v1, “**God (is) our refuge and strength, a very present help in trouble.**”, linguistically is made up of three metaphors positioned as predicate nominatives which serve to rename God. The **Supreme God, Elohim**, is also **Refuge, Strength**, and **Fortress** (vv. 7 & 11) in **Psalm 46**.

3 illustrative ways Daddy’s here in the worst of times securing His glory and our good.

1. Stay calm; Daddy’s here during all natural calamities. (vv. 2–3)

- a) Resolve is communicated in **verse 2a**.
- b) Realities were concerning as noted in **verses 2b–3**.

2. Stay Calm; Daddy’s here through all national crises. (vv. 5–7)

- a) Contrasts are celebrated in **verses 4, 5, & 6b**.

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Davis, “After the boiling, roiling, crashing seas of verses 2–3, there is suddenly a peaceful river,...He wants you to ‘hear’ the difference between the world falling apart and a place of quiet peace.”

- b) Conditions *were* concerning. (**6a**)
- c) The constraining covenant is emphasized in **verses 7 & 11**.
- d) Consideration of **verses 4–7** counseled. (**Selah v. 7**)



3. Stay calm; Daddy’s here victoriously securing His glory and the good of His people. (vv. 8–11)

- a) Two clarion calls are made. (**vv. 8a, 10a**)
- b) Certainties *are* communicated. (**vv. 8b–9**)
- c) Complete surrender and worship are called for! (**v. 10**)

They *must* flee and decisively put off anything which would destabilize their faith and move them away from a “settled persuasion that God is almighty in power and that this power is engaged on their behalf”. (Two principles or acts of faith taught by Dr. Stephen Yuille)

- d) Covenantal commitment is consistent and is repeated in **verse 11**.
- e) Careful contemplation of **verses 8-11** is commanded! (**Selah v. 11**)

4. Stay calm; Daddy’s here and effect is anticipated!

-  Are you purposefully availing yourself to the means of grace; the study of God’s word publicly and privately, to prayer, and fellowship within the body? Are you growing in your understanding of the incomprehensible character of your Heavenly Father?
-  What or to whom do you immediately turn to in the “even thoughts” or circumstances which appear to leave you “unglued” or to be the “ultimate undoing” of your life?

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- ✚ Are you growing in overlaying the realities of difficult circumstances with a focus on God as your "**refuge and strength, a very present help in trouble.**"?
- ✚ Unbelief and impatience are two dangers which our conference speaker, Dr. Yuille, warned will destabilize our faith and faithfulness. He quoted Thomas Watson saying, "There are no sins God's people are more subject to than *unbelief* and *impatience*." Are you identifying these vulnerabilities in your heart and life? Are you progressing in your trust of God's wisdom in His setting the time and scope of life's fiery trials in your life? Remember, "**God will help her when the morning dawns**" presupposes that His children *will* need help in life circumstances and that His sovereign timing brings about His greatest glory and our greatest good!
- ✚ Does your heart "stand up" or "stay seated" upon hearing Charles Swindoll's quote, "One of the marks of spiritual maturity is quite confidence that God is in control...without the need to understand why He does what He does."?
- ✚ Do you counsel your soul arguing from the greater to the lesser? The greatest destabilizing calamity and crisis in our lives is being separated from God due to the horrors of our sin. God met this, our greatest need, by sending His son as a sacrifice on the cross for our sins and has covenanted to be with His children to the end of the age! You can stay **calm when life gets noisy; Daddy's here!**