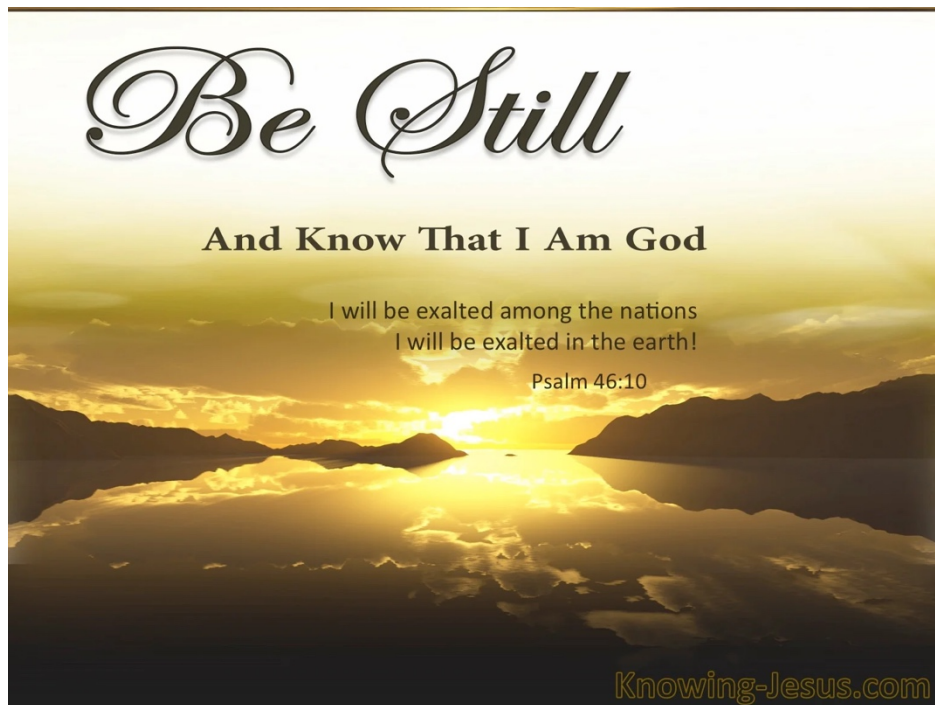


*Our Refuge and Strength: Psalm 46*

PSALMS OF THE SONS OF KORAH  
OUR REFUGE AND STRENGTH  
PSALM 46



T. M. and Susie Moore

*A Scriptorium Study*

**The Fellowship of Ailbe**

Psalms of the Sons of Korah: Our Refuge and Strength

Psalm 46

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Susie Moore, Editing and Finishing

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## Introduction to Psalm 46

Martin Luther used Psalm 46 as the basis for the universally-loved “A Mighty Fortress is Our God.” He captured the mood of confidence, hope, and joy that pervades this psalm and reflects the faith of the sons of Korah in God’s sovereign goodness and care.

We can rest in God regardless of what’s happening around us. But we need to trust in His Presence, look to Him for mercy and grace to help in our time of need, and rest in His mighty works and unfailing love.

If we’ll do that, we’ll know Him as our refuge and strength as well.

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May the Lord bless your work in this study, that you may grow to know Him better, love Him more, and serve Him more joyfully.

T. M. and Susie Moore

## 1 The Faith of a Child

*Opening Prayer: Psalm 46.1*

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

*Sing Psalm 46.1-3*

(St. Chrysostom: *We Have Not Known Thee As We Ought*)

God is our refuge and our strength; He is our help in times of need.  
Thus though the earth beneath us should change, the sea consume the mountain range;  
waters may roar with raging speed; yet God will rescue us at length.

*Read Psalm 46 (don't forget the superscription!); meditate on verse 1*

*Preparation*

1. What kind of psalm is this?
2. What mood does it seek to evoke?

*Meditation*

It is instructive to reflect on the role of children in Scripture in helping us to learn simple but profound trust in the Lord.

Think of the unnamed servant girl who urged Naaman to seek the Lord for healing (2 Kgs. 5.1-3). The youth, Elihu, shamed both Job and his interlocutors by the depth of his faith in God (Job 32.6ff). Isaiah explained that, in the days when Messiah reigns, a little child shall lead even the fiercest into the glory of the Lord (Is. 11.1-9). Jesus came as a little Child, and as a Child He amazed the teachers of His day (Lk. 2.41.47). Jesus often used children to explain the kind of faith which characterized those who dwell in His Kingdom (cf. Lk. 18.4, 5).

Whenever we read Psalm 46, we probably think of Luther's "A Mighty Fortress is Our God", which was based on this psalm of the sons of Korah. We sing that hymn boldly and with resolution, as we think people of great faith ought to sing it.

But the sons of Korah set this psalm for singing by "Alamoth". They gave it to the chief musician for a choir perhaps comprised of girls and young boys singing falsetto – the meaning of "alamoth". They put these powerful words of faith, confidence, and resolve in the meekest of voices, to demonstrate that even the weakest among us can know the Lord as our Refuge and Strength, come what may.

Are you feeling a little weak in faith? Let the little children lead you into the strength of the Lord as we work our way through Psalm 46.

*Treasure Old and New: Matthew 13.52; Psalm 119.162*

Moses is another Biblical character we can follow from birth to death.

He wrote us a song that parallels Psalm 46.1-3.

The superscription of this work is *A Prayer of Moses the man of God*.

It is lovely to note that Moses had the same faith in God that the sons of Korah wrote about.

Here are the first verses of his work:

"Lord, You have been our dwelling place in all generations.

Before the mountains were brought forth,

or ever You had formed the earth and the world,

even from everlasting,

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You *are* God.” (Ps. 90.1, 2)

Moses, like Daniel and Joseph, had an unsettling childhood. And yet, when they were feeling weak in faith, they turned to God and all the things they remembered about Him. And this remembering of God’s faithfulness in the past taught them that God is a “very present help in trouble” (Ps. 46.1).

Their examples lead us into the strength of the Lord *now* because they found Him to be faithful through all generations in the *past*.

We can, too.

*Reflection*

1. Why is it important that we teach our children to sing bold, powerful hymns?
2. Meditate on Ephesians 5.18-21. What is the relationship between singing songs, hymns, and spiritual songs and the filling of the Holy Spirit?
3. How would you describe the state of singing such songs in your walk with the Lord? Do you think your faith would benefit if you sang about it more? Explain.

*We sing this psalm in praise to God, that he is with us and wonderfully sustains his Word and Christendom against the gates of hell, against the raging of all the devils, fanatical spirits, the world, flesh, sin and death.* Martin Luther (1483-1546), *Summaries of the Psalms (1531-1533)*

*Closing Prayer: Psalm 46.10, 11*

Wait in silence on the Lord as you preview the day ahead. Sink into His Presence. Rest your day in Him, then lift your voice with confidence to praise Him.

*Sing Psalm 46.10, 11*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

Rest in the Lord and be at peace, all who are mired in sore travail:

Lift up our God, praise Jesus our Lord; proclaim to all the earth His Word!

God is our stronghold, never to fail: thus may our hope and joy increase!

## 2 Mighty to Save

*Opening Prayer: Psalm 46.1*

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

*Sing Psalm 46.1-3*

(St. Chrysostom: *We Have Not Known Thee As We Ought*)

God is our refuge and our strength; He is our help in times of need.  
Thus though the earth beneath us should change, the sea consume the mountain range;  
waters may roar with raging speed; yet God will rescue us at length.

*Read Psalm 46.1-3*

*Preparation*

1. What attribute of the king do the psalmists focus on here?
2. What happens because of this?

*Meditation*

It's a good thing to teach children, while they are very young, that they can flee to God and take refuge in Him whenever they are afraid (cf. Ps. 56.3, 4). If we learn that lesson early on, we will not allow anything to deflect us from trusting in the Lord, for we will always find Him to be a very present help, whatever trouble may threaten to engulf us.

Here the psalmists posit a worst-case scenario: the sea rising so that it overflows and engulfs the mountains. And since water always seeks its own level, whatever was beneath the mountains would be consumed as well. The scene is reminiscent of Noah and the flood (Gen. 6-9). Then, the water indeed rose to cover all the mountains, and every living thing and person as well. Except for those who took refuge in the ark Noah and his sons had built. That ark was the mighty fortress Noah and his family needed at that time. God is our mighty refuge and strength always.

God is indeed "A Mighty Fortress" for those who flee to Him in their times of trouble. By resting our hope in Him and drawing on the promises of His Word, we find grace and mercy for all our times of need (Heb. 4.12, 16). Knowing this, that God is always present to rescue and lift us above our troubles, we have nothing to fear. We can rejoice in the Lord, give Him thanks and praise, and hold fast to His promises as we press on through whatever comes our way.

Hearing children sing about God as their refuge, strength, and very present help would have encouraged adults to have such faith as well. We can likewise be encouraged, and encourage one another, in the face of all our trials and troubles, that our Lord Jesus has promised to be with us always, even to the end of the age (Matt. 28.20). And He is mighty to save.

*Treasure Old and New: Matthew 13.52; Psalm 119.162*

To whom else would we go? He, and only He, has the words of eternal life (Jn. 6.68).

The psalmists, David, Habakkuk and Paul all posit worst-case scenarios that each resolve themselves in God. David asks:

"Where can I go from Your Spirit?  
Or where can I flee from Your Presence?"

David answers that heaven, hell, the uttermost parts of the sea, and the darkness are no match for the very present help of the LORD. (Ps. 139.7-12) Mighty to save.

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Habakkuk offers up this litany of defeated woes: “Though the fig tree may not blossom, nor fruit be on the vines; though the labor of the olive may fail, and the fields yield no food; though the flock may be cut off from the fold, and there be no herd in the stalls—yet I will rejoice in the LORD, I will joy in the God of my salvation” (Hab. 3.17, 18). Mighty to save.

And Paul writes up another list of questionable problems: “Who shall separate us from the love of Christ? *Shall* tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?” And he concludes that: “Yet in all these things we are more than conquerors through Him who loved us” (Rom. 8.35, 37). Mighty to save.

Paul, then, offers the same hope that the children sing about in Psalm 46: “For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord” (Rom. 8.38, 39).

He is mighty to save! Always has been, always is, and always will be!

*Reflection*

1. What does it mean to you to know that our God is mighty to save?
2. How would you counsel a troubled believer to take refuge in the Lord?
3. How can believers encourage one another to keep trusting in God as their refuge and strength?

*There are many kinds of tribulation, and in all of them we must seek refuge in God, whether the trouble concerns our income, our bodily health, some danger threatening those we love or something we need to support our life. Whatever it is, there should be no refuge for a Christian other than our Savior. He is God, and when we flee to him, we are strong. Augustine (354-430), Expositions of the Psalms 46.3*

*Closing Prayer: Psalm 46.10, 11*

Take refuge in God, and rest in Him for the day ahead. Look to Him for strength for all you have to do today, and remember to thank and praise Him throughout the day for being your very present help.

*Sing Psalm 46.10, 11*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

Rest in the Lord and be at peace, all who are mired in sore travail:

Lift up our God, praise Jesus our Lord; proclaim to all the earth His Word!

God is our stronghold, never to fail: thus may our hope and joy increase!

### 3 Living Water

*Opening Prayer: Psalm 46.4, 5*

*There is a river whose streams shall make glad the city of God,  
The holy place of the tabernacle of the Most High.  
God is in the midst of her, she shall not be moved;  
God shall help her, just at the break of dawn.*

*Sing Psalm 46.4, 5*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

God's everlasting, joyous grace gladdens the city where He dwells.  
Safely in Him, we will not be moved; when morning dawns, His love will be proved.  
Fears and distresses Jesus dispels for His beloved, chosen race.

*Read Psalm 46.4, 5*

*Preparation*

1. What promise do these verses hold out?
2. What keeps God's city from being "moved"?

*Meditation*

Water was seen as a threat in the first three verses of this psalm. Here it is depicted as tamed and channeled for blessing in and through God's city (v. 4).

Moving water is refreshing. It contains life, offers power, indicates direction, overcomes obstacles, and rushes forward with endless beauty. The river that does this for the city of God is God Himself, dwelling in the midst of His people (v. 5) in the Person of the Holy Spirit (Jn. 7.37-39). Jesus Himself sets this glorious river flowing to, within, through, and among us (Jn. 4.10, 14). It is by His own Presence in us that God can be our ever-present help in times of trouble (vv. 1, 5).

The city of God, where God Himself dwells, is a *holy* place, set apart for God to glorify Him in all its ways. We who are the City of God today, and who eagerly look forward to the City which is to come (Heb. 11.8-10, 13-16) have been set apart by God as holy (1 Pet. 2.9). He calls us to drink of the river of His delights so that His power to refresh, renew, illuminate, and bring life to the world can flow from us to the people in our life (Ps. 36.7-9).

God has power to help us at every moment and to use us as agents of His blessing to the world. Let the break of each new dawn find you drinking from that river and setting your soul to channel God's grace to your world.

*Treasure Old and New: Matthew 13.52; Psalm 119.162*

Jesus is the stream of living water that makes the entirety of His people glad.  
We are glad because our sins are forgiven, and we are inhabitants of the city of God.  
We live in a city whose center is God.  
And we are safe.

"Then you shall know that I am in the midst of Israel:  
I am the LORD your God and there is no other.  
My people shall never be put to shame" (Joel 2.27).

"The LORD has taken away your judgments,



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He has cast out your enemy.  
The King of Israel, the LORD, is in your midst;  
you shall see disaster no more” (Zeph. 3.15).

As we revel in our earthly habitation, we can also envision that small step between here and there, that we will all one day take to the new heavens and the new earth. And as we should be doing now, we will be doing perfectly then: “Therefore they are before the throne of God, and serve Him day and night in His temple. And He who sits on the throne will dwell among them. They shall neither hunger anymore nor thirst anymore; the sun shall not strike them, nor any heat; for the Lamb who is in the midst of the throne will shepherd them and lead them to living fountains of waters. And God will wipe away every tear from their eyes” (Rev. 7.15-17).

From this holy city, full of grace and gladness, we will never be moved. (Ps. 46. 5)

*Reflection*

1. In what sense does “drinking” from the river of God bring us “delight”? How would you counsel a new believer to drink from that river?
2. How does the idea of believers as channels of living water help us to think about our purpose in life?
3. What do we mean by the “City to Come”? Why do we “wait” for this?

*The river alludes to the graces and consolations of the Holy Spirit, which flow through every part of the church, and through God’s sacred ordinances, gladdening the heart of every believer. It is promised that the church shall not be moved. If God be in our hearts, by his word dwelling richly in us, we shall be established, we shall be helped; let us trust and not be afraid. Matthew Henry (1662-1714), Commentary on Psalm 46.1-5*

*Closing Prayer: Psalm 46.10, 11*

Pray that God will fill you with the living water of His Spirit, and overflow from you to others today.

*Sing Psalm 46.10, 11*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

Rest in the Lord and be at peace, all who are mired in sore travail:  
Lift up our God, praise Jesus our Lord; proclaim to all the earth His Word!  
God is our stronghold, never to fail: thus may our hope and joy increase!

## 4 No Match for His Word

*Opening Prayer: Psalm 46.6, 7*

The nations raged, the kingdoms were moved;  
He uttered His voice, the earth melted.  
The LORD of hosts *is* with us;  
The God of Jacob *is* our refuge.

*Sing Psalm 46.6, 7*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

Kingdoms arise and rage and roar, threat'ning the earth with sore distress;  
nations may fall, earth melt away, His Word is yet our hope and stay.  
God is among us, ever to bless; He is our stronghold evermore.

*Read Psalm 46.6, 7*

*Preparation*

1. What power does God bring to bear against the raging of the nations?
2. How does verse 6 lead us in thinking about what it means to take refuge in the Lord (v. 7)?

*Meditation*

The sons of Korah seem to have had Psalm 2 in mind at this point. There the raging nations are put to silence and shame as God speaks and points to His Word as their Ruler. By His Word, God can melt the world right out from under the feet of the raging nations, so that they have no place to stand in their fury against Him (v. 6). He upholds the very ground on which they rise to shake their fists and resolve to throw off His rule.

No wonder that, in the face of such puniness, God laughs (Ps. 2.4).

God is the “LORD of hosts” (v. 7) – *all* hosts, that is, all armies and all their weaponry of all the nations of the world. We’ll see this again in Psalm 47. Here it is merely declared as a reminder to us, who face the raging of the nations and their desire to be done with God. The sons of Korah remind us that He is “the God of Jacob”. The mention of this patriarch is significant. God appeared to Jacob in a dream and showed him a ladder bridging heaven and earth (Gen. 28.10-22). Jesus appropriated that image as referring to Himself (Jn. 1.51), and then promised to be with us always, even to the end of the age (Matt. 28.20).

So let the nations rage. They are no match for God’s Word. Solomon reminds us that there is no wisdom or understanding or counsel – or raging of nations – that can stand against the LORD (Prov. 21.30). Which is why we shelter in Him, Who bridges heaven and earth and abides with us forever.

*Treasure Old and New: Matthew 13.52; Psalm 119.162*

“...He uttered His voice, the earth melted” (Ps. 46. 6).

We see here and in Psalm 2 that His rage is powerful and there is no match for it.

But it also brings to mind how kindness can “melt your heart”. God’s kindness in particular, because it is so undeserved, and bearing so much grace and mercy.

Elijah experienced this tender love of the LORD as he was hiding and fearful. God said to him in the midst of his trials, “Go out, and stand on the mountain before the LORD.’ And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, *but* the LORD *was* not in the wind; and after the wind an earthquake, *but* the LORD was not in the earthquake; and after the

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earthquake a fire, *but* the LORD was not in the fire; and after the fire a still small voice” (I Kgs. 19.11, 12). God is the Creator of the wind, earthquake, and fire; but His love, tenderness, and “melt your heart” kindness was in the “still small voice”. The forces of nature were no match for His Word.

And against all the forces of darkness that prevail in this life, Jesus said to us, “Let not your heart be troubled; you believe in God, believe also in Me.” “I am the way, the truth, and the life. No one comes to the Father except through Me” (Jn. 14.1, 6).

“...He uttered His voice” and my heart melted  
There is absolutely no match for His Word!

*Reflection*

1. How does God’s matchless Word encourage you in working your Personal Mission Field today?
2. Do you believe the Gospel can “melt the hearts” of unbelievers you know? How did it melt your heart?
3. What does it mean to say that God is the Lord of all hosts and all nations? How should knowing this encourage us?

*Let all believers triumph in this, that the Lord of hosts, the God of Jacob, has been, is, and will be with us; and will be our Refuge. Mark this, take the comfort, and say, If God be for us, who can be against us? With this, through life and in death, let us answer every fear.* Matthew Henry (1662-1714), *Commentary on the Psalm 46.6-11*

*Closing Prayer: Psalm 45.4, 5, 10-12*

Thank and praise the Lord for His Presence, and for the refuge and safety He provides in this uncertain world.

*Sing Psalm 46.4, 5, 10, 11*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

God’s everlasting, joyous grace gladdens the city where He dwells.

Safely in Him, we will not be moved; when morning dawns, His love will be proved.

Fears and distresses Jesus dispels for His beloved, chosen race.

Rest in the Lord and be at peace, all who are mired in sore travail:

Lift up our God, praise Jesus our Lord; proclaim to all the earth His Word!

God is our stronghold, never to fail: thus may our hope and joy increase!

## 5 The Works of God

*Opening Prayer: Psalm 46.8, 9*

Come, behold the works of the LORD,  
Who has made desolations in the earth.  
He makes wars cease to the end of the earth;  
He breaks the bow and cuts the spear in two;  
He burns the chariot in the fire.

*Sing Psalm 46.8, 9*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

Come see the works of God's Right Hand! He breaks the nations of the earth,  
shatters their foolish weapons and pride, sets all their sinful strength aside.  
Them He will show His infinite worth as they before His judgment stand.

*Read Psalm 46.8, 9*

*Preparation*

1. What are the "works of the LORD" according to these verses?
2. What are we supposed to do concerning those works?

*Meditation*

We may summarize these verses succinctly: Sin has consequences, often horrible ones; but God is greater than all our sin.

The sons of Korah call us to come and see the works of the LORD (v. 8). Then they write that He has made appalling and horrible desolations in all the earth. That doesn't sound like God, does it?

Oh, but yes it does. Because sin has consequences, often horrible ones. God told our first parents that disobedience and sin would lead to death; and they did. The entire earth groans and travails under the weight of our sin (Rom. 8.19-22). Humankind's persistence in sin leads to ever more terrible consequences, as God gives them up to wickedness of every sort (Rom. 1.18-32).

And all these are the works of God, by which He warns, disciplines, and calls the world to repentance.

But He does not allow our sinfulness to destroy us or His creation utterly. In His time and at His pleasure, He intervenes against the greatest horrors of sin to open a window of peace, that the world might show gratitude, and turn and seek Him (v. 9).

The most horrible and appalling consequences of our sin fell on Jesus on that terrible cross. But the peace of salvation can be ours by that same means; and God has shown the world grace that is greater than all our sins.

Hey world, come and see.

*Treasure Old and New: Matthew 13.52; Psalm 119.162*

One fourth of July, years ago, we were observing neighborhood fireworks with our granddaughter Reagan. Due to the meager display this comment came from the three-year-old, "I see the fire, but where are the works?" Classic, no?

We will never make this comment about the works of the LORD that we are called to observe. "Come, behold

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the works of the LORD” (Ps. 46.8). His works are glorious, dreadful, appalling, horrible, beautiful, and majestic! And these spectacular works, good and bad, lead people to glorify the Creator God.

David sums it up beautifully in Psalm 19.1-4: “The heavens declare the glory of God; and the firmament shows His handiwork. Day unto day utters speech, and night unto night reveals knowledge. *There is* no speech nor language *where* their voice is not heard. Their sound has gone out through all the earth, and their words to the end of the world.”

When we say, “Hey world, come and see”, we must be sure that our own lives are showing forth the glory of God. “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them” (Eph. 2.10).

May it never be said of us: “I see you, but where are your works?”

*Reflection*

1. Why is it important that we consider and understand the works of God in all their forms?
2. Why is the work of Jesus the most important work of God?
3. How can believers use the works of God to encourage one another in our walk with and work for the Lord?

*He it is who routs all the enemy when he wishes and brings peace to the earth to the degree he wants.... He is the God who does away with the enemy with their own weapons when he wishes.* Diodore of Tarsus (died ca. 394), *Commentary on Psalm 46*

*Closing Prayer: Psalm 46.4-7*

Pray for the nations and peoples of the world, that the grace of God would overwhelm their sin and lead them to know, love, and serve Jesus.

*Sing Psalm 46.4-7*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

God’s everlasting, joyous grace gladdens the city where He dwells.

Safely in Him, we will not be moved; when morning dawns, His love will be proved.

Fears and distresses Jesus dispels for His beloved, chosen race.

Kingdoms arise and rage and roar, threat’ning the earth with sore distress.

Nations may fall, earth melt away, His Word is yet our hope and stay.

God is among us, ever to bless; He is our stronghold evermore.

## 6 Chill

### *Our Refuge and Strength (6)*

#### *Opening Prayer: Psalm 46.10, 11*

Be still, and know that I *am* God;  
I will be exalted among the nations,  
I will be exalted in the earth!  
The LORD of hosts *is* with us;  
The God of Jacob *is* our refuge. *Selah*

#### *Sing Psalm 46.10, 11*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

Rest in the Lord and be at peace, all who are mired in sore travail:  
Lift up our God, praise Jesus our Lord; proclaim to all the earth His Word!  
God is our stronghold, never to fail: thus may our hope and joy increase!

#### *Read Psalm 46.10, 11*

#### *Preparation*

1. Who is speaking in these verses?
2. What does God command us to do?

#### *Meditation*

At the end of our psalm, the Lord Himself speaks, telling us how to approach the tumultuous times in which we live (v. 10). This is followed by the sons of Korah leading us to rejoice in the Lord's Presence and care (v. 11).

The Lord gives two commands and two expectations. First, He calls the reader to "Be still". This translation doesn't quite get at the meaning of the Hebrew verb *הִרְפוּ*, *harphu*, to "let drop" (as the hand), to "relax", "refrain", and even to "sink in".

We might say, "Chill out!" Don't be so anxious, so frantic and frenetic, so distracted, so embroiled in busyness. Relax, rest, sink in, chill out.

And then *know* God. Come to Him. See Him in His beauty and majesty and power. Commune with Him. Delight in Him. Contemplate Him in silence. Enter His pleasure and joy. Let thanks and praise flow from your soul because of the greatness of God and His love for you. This is what our lives should be now. It's what they will certainly be once we've seen Jesus face to face (1 Jn. 3.1-3).

Then, what does God expect? That He will be exalted throughout the earth and in every nation. God looks both to the impersonal creation (cf. Ps. 96.11-13) and the peoples of the nations to acknowledge and praise Him. This exalting of God comes about when those who truly know Him overflow in their own Personal Mission Fields with love for and worship of the Lord, expressed as love and witness to their neighbors.

The psalm ends where it began, with God's Presence keeping and guarding us as we take refuge in Him (v. 11). Come what may, happen whatever will, God is still our God, to be heard, known, enjoyed, adored, and proclaimed to the world.

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*Treasure Old and New: Matthew 13.52; Psalm 119.162*

There is war.

There is sickness and death.

There are troubles and hardships.

There are sorrows and disappointments.

There are tornadoes, hurricanes, blizzards, and drought.

There broken hearts because of broken Commandments.

Then, there is God.

He is our refuge and strength.

He is a very present help.

He is the King of kings and LORD of lords.

He is the Savior of the world.

He is the Bread of Life.

He is the Light of the world.

He is the Prince of Peace.

Be still. Rest in Him.

There is a river whose streams shall make us glad.

He uttered His voice.

“Be still, and know that I *am* GOD.”

“The LORD *is* my shepherd;

I shall not want.

He makes me to lie down in green pastures;

He leads me beside still waters.

He restores my soul...” (Ps. 23.1-3).

“These things I have spoken to you, that in Me you may have peace.

In the world you will have tribulation; but be of good cheer,

I have overcome the world” (Jn. 16.33).

Be still. Know. Chill.

*Reflection*

1. God made no promises; He merely pointed to Himself. Why is that sufficient for our times of need?
2. How should you practice the discipline of “being still” before the Lord? What do you expect to gain from practicing this discipline?
3. What does it mean for you to know that God is your refuge, strength, and very present help in times of trouble?

*When the labors and hardships of this age come to an end, and our debts, [that is] all our faults, have been forgiven, the entire people of the elect will rejoice eternally in the sole contemplation of the divine vision, and that most longed-for command of our Lord and Savior will be fulfilled: “Be still and see that I am God.” The Venerable Bede (672-235), Homilies on the Gospels 2.17*

*Closing Prayer: Psalm 46.1-3, 6-9*

Pray for God’s people to rest in Him and to seek Him for revival, renewal, and awakening in our day.

*Our Refuge and Strength: Psalm 46*

*Sing Psalm 46.1-3, 6-9*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

God is our refuge and our strength; He is our help in times of need.  
Thus though the earth beneath us should change, the sea consume the mountain range,  
waters may roar with raging speed; yet God will rescue us at length.

Kingdoms arise and rage and roar, threat'ning the earth with sore distress.  
Nations may fall, earth melt away, His Word is yet our hope and stay.  
God is among us, ever to bless; He is our stronghold evermore.

Come see the works of God's Right Hand! He breaks the nations of the earth,  
shatters their foolish weapons and pride, sets all their sinful strength aside.  
Them He will show His infinite worth as they before His judgment stand.



## 7 Immanuel

*Opening Prayer: Psalm 46.1-3*

God is our refuge and strength,  
A very present help in trouble.  
Therefore we will not fear,  
Even though the earth be removed,  
And though the mountains be carried into the midst of the sea;  
Though its waters roar and be troubled,  
Though the mountains shake with its swelling.  
*Selah*

*Sing Psalm 46.1-3*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

God is our refuge and our strength; He is our help in times of need.  
Thus though the earth beneath us should change, the sea consume the mountain range.  
Waters may roar with raging speed; yet God will rescue us at length.

*Read Psalm 46; meditate on Psalm 46.6-11*

*Preparation*

1. From what did the sons of Korah derive comfort and help?
2. What are we to behold, and what are we to know?

*Meditation*

The emphasis in this psalm is clear: God is with us (vv. 1, 5, 7, 11). The phrase “with us” in the Hebrew is עִמָּנוּ, *immanu*. Add the Hebrew word for “God” to this prepositional phrase and you end up with *Immanuel*. The LORD of hosts is Immanuel. He is more powerful than the quaking earth (v. 2), raging floods (v. 3), warring nations (vv. 6, 8, 9), and everything else. He refreshes His city with living water (v. 4; cf. Jn. 4.10-14; 7.37-39) and fills His people with gladness.

He is our very present Help (v. 1) right smack in our midst (v. 5); He is the “With-us LORD” (vv. 7, 11). No wonder the sons of Korah could say, “Therefore we will not fear” (v. 2).

The mood of this psalm is confident and glad (vv. 2, 4), yet quiet and restful (v. 10). Reviewing the works of God, rehearsing His unfailing promises, entering His always-at-hand Presence, knowing Him as Immanuel, and defying every conceivable trouble in His Name – these are the great blessings that accrue to all the children of the Lord.

As those youngsters sang this song in the temple in Jerusalem, we can imagine the faithful weeping with joy, brimming with gladness, clapping in rhythm, and being emboldened in their faith. Their mighty fortress and God, Who ruled from heaven and dwelled in their temple, was Immanuel, God with them. And the experience of this was a source of hope, peace, and joy for all who believed.

Just as it is for us who know Immanuel is with us always, just as He promised (Matt. 1.22, 23; 28.20).

*Treasure Old and New: Matthew 13.52; Psalm 119.162*

God in the midst.

When you think about it, our God, the Creator of everything and everyone, declares that He is with us.

Not win or tie, but always. Even on the days that we lose.

Then He sent us His Son Jesus to be with us in human form. In the midst of the people.

And then, the ultimate *With Us*, the Holy Spirit.

He has made every effort to always be there for us through the:  
Sovereign Creator Father,  
Holy and only begotten Son,  
and ever-present, omnipotent Holy Spirit.

Paul sums up this miracle of grace, and then adds our calling from the Triune Immanuel: "...pursue righteousness, godliness, faith, love, patience, gentleness. Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses. I urge you in the sight of God who gives life to all things, and before Christ Jesus who witnessed the good confession before Pontius Pilate, that you keep this commandment without spot, blameless until our Lord Jesus Christ's appearing, which He will manifest in His own time, He who is the blessed and only Potentate, the King of kings and Lord of lords, who alone has immortality, dwelling in unapproachable light, whom no man has seen or can see, to whom be honor and everlasting power. Amen" (I Tim. 6.11-16).

God. In our midst. Immanuel.

*Reflection*

1. Why does knowing that God is Immanuel deliver us from fear?
2. What do we need to do to realize Immanuel's Presence with us?
3. What is your calling in life? How should knowing that Immanuel is present with you help you to fulfill your calling in life?

*Let us pray for the speedy approach of these glorious days, and in silent submission let us worship and trust in our almighty Sovereign. Let all believers triumph in this, that the Lord of hosts, the God of Jacob, has been, is, and will be with us; and will be our Refuge. Mark this, take the comfort, and say, If God be for us, who can be against us? With this, through life and in death, let us answer every fear. Matthew Henry (1662-1714), Commentary on Psalm 46.6-11*

*Closing Prayer: Psalm 46.6-11*

Pray for the nations and peoples of the world, that they might come to know Immanuel and rejoice in His forgiveness and peace

*Sing Psalm 46.6-11*

(St. Chrysostom: [\*We Have Not Known Thee As We Ought\*](#))

Kingdoms arise and rage and roar, threat'ning the earth with sore distress.  
Nations may fall, earth melt away, His Word is yet our hope and stay.  
God is among us, ever to bless; He is our stronghold evermore.

Come see the works of God's Right Hand! He breaks the nations of the earth,  
shatters their foolish weapons and pride, sets all their sinful strength aside.  
Them He will show His infinite worth as they before His judgment stand.

Rest in the Lord and be at peace, all who are mired in sore travail:  
Lift up our God, praise Jesus our Lord; proclaim to all the earth His Word!  
God is our stronghold, never to fail: thus may our hope and joy increase!

*Our Refuge and Strength: Psalm 46*

*Questions for Reflection or Discussion*

1. How would you describe the mood of this psalm? Why?
2. How did the psalmists express the sovereignty of God? How should knowing this affect our faith?
3. Where should we look to see the works of God? How should seeing those works affect us?
4. This psalm emphasizes the Presence of God with His people. What are the effects of knowing that Presence?
5. What's the most important lesson you have learned from our study of Psalm 46? How are you putting that lesson to work in your walk with and work for the Lord?

*For prayer:*

## The Fellowship of Ailbe

The Fellowship of Ailbe is a spiritual fellowship in the Celtic Christian tradition. Our goal is to promote revival, renewal, and awakening, following the teaching of Scripture and the example and heritage of our forebears in the faith.

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Thank you.