



# CAPITOL COMMISSION™

## Is God My Refuge and Strength?

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### PSALM 46

*God the Refuge of His People and Conqueror of the Nations*

To the Chief Musician. A Psalm of the Sons of Korah. A Song For Alamothe.

- 1 God *is* our refuge and strength, A very present help in trouble.
- 2 Therefore we will not fear,  
Even though the earth be removed,  
And though the mountains be carried into the midst of the sea;
- 3 *Though* its waters roar *and* be troubled,  
*Though* the mountains shake with its swelling.  
Selah
- 4 *There is* a river whose streams shall make glad the city of God,  
The holy *place* of the tabernacle of the Most High.
- 5 God *is* in the midst of her, she shall not be moved;  
God shall help her, just at the break of dawn.
- 6 The nations raged, the kingdoms were moved;  
He uttered His voice, the earth melted.
- 7 The LORD of hosts *is* with us;  
The God of Jacob *is* our refuge. Selah
- 8 Come, behold the works of the LORD,  
Who has made desolations in the earth.
- 9 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.
- 10 Be still, and know that I *am* God;  
I will be exalted among the nations,  
I will be exalted in the earth!
- 11 The LORD of hosts *is* with us;  
The God of Jacob *is* our refuge. Selah 1

<sup>1</sup> The New King James Version. 1982 (Ps 46:title–11). Nashville: Thomas Nelson.

### God's Protection (Vs 1-3)

God is our protector and shelter from the trouble, dangers and storms in our lives and with that knowledge and promise we need not be afraid or have fear of those times. He is always available. He is always dependable. He is mightier than any trouble, danger or storm. (*Selah, means pause, crescendo, or musical interlude*)

### God's City (Vs 4-5)

God's city is a place where the river brings joy not trouble or pain. The city is holy because God lives there. God's city will never go away and cannot be destroyed.

### God's Power (Vs 6-9)

Nations are in disorder and governments will fall and be destroyed. God is more powerful than any nation or government and when He speaks, all will be fearful and melt away. God is the LORD of host. (A Hebrew expression meaning 'army' or 'army of the skies') Again, God is our protector and shelter in a storm. God has the power to bring destruction to the earth and to stop battles and wars.

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*"The God of my strength, in whom I will trust; My shield and the horn of my salvation, My stronghold and my refuge; My Savior, You save me from violence." 2 Samuel 22:3*

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### God's Peace (Vs 10-11)

*'Be still, and know that I am God'.* We are told to not panic and understand His sovereign nature and that He is above all nations and all creation. Again we are told that the presence and protection of God, the LORD of Host, will provide for the safety of His people.

### For Your Consideration:

- When the trouble, dangers and storms in your life appear, where do you find strength and safety? In God; the LORD of host?
- He promised to be with us in troubled times, do you trust His promise?

### BIBLE STUDIES

LEGISLATORS: WEDNESDAYS (SESSION OR HEARING DAYS) AT 7:30AM, STATEHOUSE ROOM 44

STAFF: WEDNESDAYS AT 12:10PM, STATEHOUSE ROOM 44