

Psalm 46

Background: this Psalm was written 3000 years ago.



What words describe your feelings about your current situation?

Read Psalm 46

What does v1 promise us?

Read v 2-3

Fear is a protective reaction but it can overwhelm us and be unhelpful.

In a disastrous situation, how does knowing God is with us help us to cope?

Read v4-7

This describes God protecting His city, even though the world is falling apart. How will reading this help you through today?

Read v 8-9

God's peace refers ultimately to peace between God and mankind. How did God do this? (Think about Easter)

Read v 10-11

What does the image of a fortress tell us about God?

Read Revelation 21 v 3-5

In a vision of eternity with God, the Apostle John sees God living with His people in His eternal Holy city and comforting them. Ultimately, Psalm 46 is looking forward to that peaceful eternity with God. Read it again, now you know this, and see if you understand anything new about God or eternity with Him.

Prayer: Lord Jesus, thank you that You haven't left us alone; the world is not spinning out of control and You are in this with us. Please help me to be still. Help me to be still and know that You are God. Help me to be still and rest in the knowledge that you are at work in this situation. Amen.

Psalm 46

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

Revelation 21 v 3-5

- ³ And I heard a loud voice from the throne saying, "Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. ⁴ 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away."
⁵ He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true."