

**Psalm 46: Our Ever-Present Help**

Greg Wendschlag October 11, 2020

**Psalm 46**

**For the director of music. Of the Sons of Korah. According to *alamoth*. A song.**

<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.*

*Selah*

<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.*

*Selah*

<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> *“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.*

*Selah*

**About Psalm 46**

- Who are the “Sons of Korah”?

Descendants of the rebellious Korah who, along with his followers, was swallowed by the earth in judgment. Became choral directors in the Temple of David. (Numbers 16; 26:8-11)

11 Psalms written by the Sons of Korah

- What does “alamoth” mean?  
A musical term/virgins – this song is to be sung by women or sopranos
- A defiant tone
- An apocalyptic message

**3 Stanzas of Lyrics**

- Stanza 1 – Vs 1-3
- Stanza 2 – Vs 4-7
- Stanza 3 – Vs 8-11

Stanzas divided by “Selah” – A musical instruction to break in the singing or it may mean “forever”

**3 Confessions**

1. The Lord is with us – Our refuge and strength – vs 1
2. The Lord is with us – Our fortress – vs 7
3. The Lord is with us – Our fortress – vs 11

## **Psalm 46: Our Ever-Present Help**

### **1. Our Ever-Present Help Vs 1-3**

*God is our refuge and strength, an ever-present help in trouble.*

*Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.*

*Selah*

- Refuge – Asylum; your protection and peace
- Strength – Assertive power; the strength you do not have
- Ever-present – Very accessible now; easy to find now

Therefore, no matter what happens, don't be afraid!

### **2. The Ever-Present Judge Vs 4-7**

*There is a river whose streams make glad the city of God, the Holy Place where the Most High dwells.*

*God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; He lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress.*

*Selah*

- The Holy Place – God's dwelling (Rev. 21-22)
- He judges by the Word of His voice
- The Almighty is our fortress – Of inaccessible height; Unassailable

The mountains fall, and kingdoms fall, but the City of our God will never fall!

### **3. The Ever-Present Ruler Vs 8-11**

*Come and see what the Lord has done, the desolations He has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; He burns the shields with fire. "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The Lord Almighty is with us; the God of Jacob is our fortress.*

*Selah*

- Come and see – He makes wars cease
- Be still, and know that I AM God – Be Quiet! Stop doing other things instead
- The King is exalted

Receive comfort if you're harassed and a rebuke if you're restless!

Closing Prayer

*"To Him who loves us and has freed us from our sins by His blood and has made us to be a kingdom and priests to serve His God and Father—to Him be glory and power for ever and ever! Amen." Rev. 1:5-6*