

A Friend Indeed
Psalm 46

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1. From childhood, I've heard the old saying, "A friend in need is a friend in deed." Friendship is one of the greatest blessings of this life. Solomon refers to this in **Proverbs 18:24**.

2. If there was ever a time we needed friendship, it is now.

3. Aside from our national crisis, many are working through personal crisis.

4. **Psalm 46** was written during a time of national crisis in Israel.

5. Follow in your Bible as we study this text together.

I. God's Presence is our Refuge (**Psalm 46:1-3**).

A **Verse 1** says, "God is our refuge and strength, an ever present help in trouble."

1. The word "trouble" refers to a tight place. Sometimes we speak of being in trouble as being "between a rock and a hard place" or "being in a tight."

2. When the storms of life descend, God is our "**refuge**."

B God is also "**an ever present help**" when we are in the midst of troubling times.

1. God is not only a "refuge," but the Bible also says that He is our "shield."

2. **Psalm 3:3** says, "But You, O LORD, are a shield for me,..."

3. "**The earth**" and "**the mountains**" are symbols of stability. What is more stable than the "earth" below our feet. We always take it for granted.

4. What do we do when our stability is shattered?

C Isn't that the kind of God you would want as a friend? He is our "**refuge**."

II. God's Peace is our Refreshment (**vv.4-7**).

A **Verse 4** says God sends "a river whose streams make glad the city of God,..."

1. "River" in this verse is not a raging torrent but a calm scene.

2. Paul wrote, "Be anxious for nothing," (**Phil. 4:6-7**).

B From **Psalm 46**, why was the city "**glad**"?

III. God's Power is our Reliance (**vv.8-9**).

A There is coming a day when we will not have to fear.

B In the midst of all that is going on, the writer will not allow his life to be filled with stress and anxiety.

IV. God's Plan requires a Response (**vv.10-11**).

A You might be thinking, "Great! I know that God is the best friend anyone could have, but how are we supposed to respond when the world comes crashing down on us?"

B He also calls us to be still and know.