

**God is Our Refuge and Strength**  
**Psalm 46:1-11**

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- I. God's Protection is Our Refuge. Psalm 46:1-3, "God is our refuge and strength, an ever-present help in trouble."
  - A. In the midst of whatever we're feeling today, God desires to be our refuge, our strength, and our help.
  - B. Second, God is "an ever present help" when we are in the midst of troubling times.
  
- II. God's Presence is Our Peace. Psalm 46:4-7, "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."
  - A. In the midst of trouble, verse 4 says God sends "a river whose streams make glad the city of God, the holy place where the Most High dwells."
    - 1. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." Philippians 4:6-7
  - B. God's presence with His people is one of the central truths of Scripture.
    - 1. "Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is your faithfulness." Lamentations 3:22-23
    - 2. "What, then, shall we say in response to this? If God is for us, who can be against us?" Romans 8:31
  
- III. God's Position is Our Power. Psalm 46:8-9, "Come and see the works of the LORD, the desolations he has brought on the earth."
  - A. God will always be there for us.
  - B. Verse 9, Almighty God can make "wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire."
  
- IV. God's Plan Requires a Response. 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."
  - A. You might be thinking, "Great! I understand all that."
  - B. Psalm 46:10, "I will be exalted among the nations, I will be exalted in the earth."