

## Psalms: Psalm 46

**?** What is your response when there is a storm warning for the surrounding area – run for cover, chase the storm, or wait and see what to do next?

The book of Psalms is a collection of song lyrics. Like many songs, they were first written in response to events in the lives of their authors. Later, the whole community used them in worship. When Israel returned from exile in Babylon many of the songs from over the centuries were collected in the book of Psalms. The book of Psalms thus operates at two levels: individually the songs explore a wide variety of honest spiritual responses to God, while the overall collection tells, and celebrates, the work of God in history to save his people. (The Holy Bible, New International Version, Psalms Intro)

There are a multitude of resources available to us. Here are a few options if you're looking for a different way to interact with the Psalm this week:

Streetlights Bible App/website

Bible Project

SpokenGospel.com

The Psalms Project

Consider a variety of ways you could read the Psalm outloud. One voice. A different voice for each verse. Call and response style line by line with two groups of voices. All out loud together. Start with a whisper, grow to a reasonable shout.

### Psalm 46 (NIV)

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.

<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.

<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> He says, "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.

? What initial observations do you have of this Psalm?

? Where do we see the disorder and chaos in this Psalm? What is God's response?

*Possible answers: disorder - trouble, earth gives way, mountains quake, kingdoms fall, wars  
God - refuge, strength, help, wars cease, I will be exalted, our fortress.*

? Read verse 10 again. This verse is very encouraging as a stand-alone. What does this verse tell us about God and ourselves? Why is this important for us to remember?

#### Matthew 8:23-27 (NIV)

<sup>23</sup> Then he got into the boat and his disciples followed him. <sup>24</sup> Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. <sup>25</sup> The disciples went and woke him, saying, "Lord, save us! We're going to drown!"

<sup>26</sup> He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm.

<sup>27</sup> The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

? Where do we see the disorder and chaos in this passage? What is Jesus's response?

*Possible answers: disorder - furious storm, big waves, frantic disciples  
Jesus - sleeping, got up & rebuked the wind, brought calm*

Martin Luther paraphrased Psalm 46 when he wrote the hymn: "A Mighty Fortress is our God":

A mighty fortress is our God, a bulwark never failing;  
Our helper He, amid the flood of mortal ills prevailing:  
For still our ancient foe doth seek to work us woe;  
His craft and pow'r are great, and, armed with cruel hate,  
On earth is not his equal.

Fortress - military stronghold, fort, castle, reinforced, etc.  
Bulwark - rampart, barricade, fortification, etc.

Think about guards sitting in a fortress atop a hill or maybe surrounded by water, overlooking all the land & providing much protection.

#### For Discussion and Accountability

? Where did you find God to be your refuge & strength this week? How can we encourage you to trust him more this week in that capacity?

? Where do you personally see disorder & chaos around you? How can we pray for God to both intervene and be your stronghold this week?