

A Psalm for Troubling Times  
(Psalm 46)

Introduction:

1. In John 16:33 Jesus told His apostles, *"In the world ye shall have tribulation."*
2. Thankfully, God has revealed His Word to help us when we face tribulation.
3. According to Psalm 119, the Scriptures provide:
  - a. comfort (vs.50)
  - b. peace (vs.165).
4. In our lesson we are studying Psalm 46.
5. This Psalm contains instructions that are especially appropriate and helpful for troubling times.

Discussion:

- I. THE THEME OF PSALM 46 IS THAT *"GOD IS OUR REFUGE"*
  - A. This point is made 3 times in this Psalm -- at the beginning (vs.1a), in the middle (vs.7b), and at the conclusion (vs.11b).
  - B. This statement is made numerous times throughout the Psalms (ex: 9:9; 57:1).
  - C. During times of trouble we need refuge, and Psalm 46 emphasizes the fact that *"God is our refuge."*
  - D. In addition to identifying God as our refuge, Psalm 46 identifies Him as our *"strength"* (vs.1b) and *"a very present help in trouble"* (vs.1c).
- II. THE FACT THAT *"GOD IS OUR REFUGE"* WILL HELP US OVERCOME *"FEAR"* (vs.2a)
  - A. Natural events such as those listed in vs.2b-3 can cause us to fear; however, God provides:
    1. peace (vs.4)
    2. security (vs.5).
  - B. The activities of ungodly men listed in vs.6a can cause us to fear; however, God is still in control (vs.6b, 9).
- III. WE MUST NOT LOSE SIGHT OF THE FACT THAT *"GOD IS OUR REFUGE"* DURING TIMES OF *"TROUBLE"*
  - A. Trouble can cause us to fear and to overlook the refuge that God provides.
  - B. We especially need to take advantage of the blessings that God provides during times of trouble.
  - C. During times of trouble, let us:
    1. remember that *"the Lord of hosts is with us"* (vs.7a, 11a)
    2. *"behold the works of the Lord"* (vs.8)
    3. *"be still"* and know God (vs.10a)
    4. exalt God (vs.10b).
  - D. These principles are also revealed in the New Testament.
    1. In Mark 4:35-41 we read about an occasion when Jesus provided refuge for His disciples as they faced a storm.
    2. Some helpful instructions for us to follow are given in:
      - a. Matthew 11:28-30
      - b. Hebrews 4:16.

Conclusion:

1. After the tragedy that occurred last week, a number of people made comments that involved God and prayer.
2. A prominent newspaper criticized such comments and stated that God cannot do anything to improve the situation we are facing.
3. We must resist this kind of influence.
4. Some sobering words are found in:
  - a. Psalm 9:17
  - b. Psalm 33:12a.
5. During troubling times let us remember that *"God is our refuge."*