

## The Psalms

### (Lesson 7)

#### Introduction:

1. The Psalms deserve our careful attention because:
  - a. they are part of the Old Testament Scriptures (Luke 24:44)
  - b. they "*were written for our learning*" (Romans 15:4).
2. In this lesson we are concentrating on the information revealed in Psalm 46.
3. This psalm emphasizes the fact that "*God is our refuge.*"

#### Discussion:

- I. PSALM 46 STATES 3 TIMES THAT "*GOD IS OUR REFUGE*"
  - A. This statement is made at the beginning (vs.1a), in the middle (vs.7b), and at the conclusion (vs.11b).
  - B. This statement is made numerous times through the Psalms (9:9; 57:1; 59:16; 62:7-8; 91:2-3; 94:21-23; 142:4-5).
  - C. Psalm 46 also identifies God 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. The natural calamities listed in vs.2b-3 can cause us to fear; however, God provides:
    1. peace (vs.4)
    2. security (vs.5).
  - B. The ungodly activities of 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 God's characteristics 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. Jesus provided refuge for His disciples when they faced a storm (Mark 4:35-41).
    2. Some helpful instructions for us to follow are given in Philippians 4:5-7.