

Psalm 46:1-3 (NET)

God is our strong refuge; he is truly our helper in times of trouble. [2] For this reason we do not fear when the earth shakes, and the mountains tumble into the depths of the sea, [3] when its waves crash and foam, and the mountains shake before the surging sea.

Psalm 46:8-9 (NET)

[8] Come! Witness the exploits of the LORD, who brings devastation to the earth! [9] He brings an end to wars throughout the earth; he shatters the bow and breaks the spear; he burns the shields with fire.

Psalm 46:10-11 (NET)

[10] He says, “Stop your striving and recognize that I am God! I will be exalted over the nations! I will be exalted over the earth!” [11] The LORD who commands armies is on our side! The God of Jacob is our protector!

**God - Our ONLY
Security**

Psalm 46:1-11

Psalm 46:1 (HCS)

God **IS** our **REFUGE** and
STRENGTH, a **HELPER**
who is **ALWAYS FOUND**
in times of trouble.

→ God will **SEEM** far away
when we focus on our **FEAR**
rather than on God

2 Kings 19:14 (NIV)

Hezekiah received the letter from the messengers and read it. Then he went up to the temple of the LORD and **SPREAD IT OUT before the LORD.**

Psalm 46:7 (NLT)

The LORD of **Heaven's Armies**

is **HERE** among us;

the God of Israel

is **OUR FORTRESS.**

2 Kings 19:15-16 (NLT)

And Hezekiah prayed this prayer before the LORD:
“O LORD, God of Israel, you are enthroned between
the mighty cherubim! **You ALONE are God of
all the kingdoms of the earth. You ALONE**
created the heavens and the earth. [16]
Bend down, O LORD, and listen! Open your
eyes, O LORD, and see! **Listen to**
Sennacherib’s words of DEFIANCE
against the living God.

2 Kings 19:17-18 (NLT)

It is true, LORD, that the kings of Assyria have destroyed all these nations. [18] And they have thrown the gods of these nations into the fire and burned them. **But of course the Assyrians**

could destroy them!

They were not gods at all

- only idols of wood and stone shaped by human hands.

2 Kings 19:19 (NLT)

Now, O LORD our God,

RESCUE us from his power;

THEN all the kingdoms of the earth

will KNOW

that **YOU ALONE, O LORD,** are God.

Hezekiah's Prayer - O LORD God...

- You are **SOVEREIGN** over **ALL**
- You are the **CREATOR** of **ALL**
- **LISTEN** to his **Defiance** against You
- **RESCUE** us from his power
- **SHOW** the Nations **YOU ALONE** are God

2 Kings 19:34-35 (NIV)

I will defend this city and save it, for my sake and for the sake of David my servant." [35]

That night the angel of the LORD went out and put to death a hundred and eighty-five thousand men in the Assyrian camp.

When the people got up the next morning -
there were all the dead bodies!

Psalm 46:10 (NET)

Stop your STRIVING

and RECOGNIZE that I am God!

I will be EXALTED over the nations!

I will be EXALTED over the earth!

BE STILL, take your hands off, quit struggling. God Knows what He is doing, His Timing is Perfect, Trust Him.

Wiersbe

Psalm 46:10

- **Be STILL** - Stop **TRYING** to make life work without God
- **KNOW I AM God** - Lay it **ALL OUT** before God
- **I will be EXALTED** - Seek to **EXALT** God

→ The **Safest PLACE** to be is
IN God's **PRESENCE**

**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 power are great,
And, armed with cruel hate,
On earth is not his equal.**

**And though this world, with devils filled,
Should threaten to undo us,
We will not fear, for God hath willed
His truth to triumph thru us.
The prince of darkness grim,
We tremble not for Him:
His rage we can endure;
For lo! his doom is sure:
One little word shall fell him.**

QUESTIONS

1. How can we Trust God more when we are hurting?
2. How can we Be STILL and Know God is God?
3. Where is the safest place we can possibly be and How do we get there?

**A mighty fortress is our God,
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For lo! his doom is sure:
One little word shall fell him.**

**That word above all earthly powers;
No thanks to them abideth;
The Spirit and the gifts are ours
Thru Him who with us sideth.
Let goods and kindred go,
This mortal life also;
The body they may kill;
God's truth abideth still:
His kingdom is forever.**