

“Therefore we will not fear”

Psalm 46 has been a source of great comfort for the saints of God for centuries, yea millennia. Let’s dig through it once again and mine the treasures that await everyone who will seek them.

The Source of Our Comfort 46:1

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear....”

God Himself is the source of the believer’s comfort. He is a refuge protecting us from trouble. Like Job, He has a hedge around His chosen ones and prevents the arrows of affliction from reaching them. But you say: “The sorrows of my soul overwhelm me; they are not kept at bay. They have reached me and burden my soul and sink me down to the grave.” Yes, you speak truth. But wait and consider. The afflictions that have come are only the ones that God has allowed. (Job 1-2) You have no knowledge of the immensity of Satan’s rage against you and how many more would have come had not God been your refuge keeping you safe. As to the many afflictions that have not been prevented, God is our strength to enable us to endure. He is the refuge that prevents us from affliction and the strength that enables His people to persevere in affliction. Paul lists his heavy load of affliction in *2 Cor 11:24-27 ... in labors more abundant, in stripes above measure, in prisons more frequently, in deaths often. From the Jews five times I received forty stripes minus one. Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep; in journeys often, in perils of waters, in perils of robbers, in perils of my own countrymen, in perils of the Gentiles, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness...* Yet he is the same apostle who proclaims... *“We are more than conquerors through Him that loves us...” Romans 8:37* God is our refuge that prevents all but selected afflictions, and the strength that enables us to persevere in every trouble we must endure.

Notice again, “a very (or ever) present help *in trouble*. He does not say “an ever present help *from trouble*”, but “*in trouble*.” God is always and immediately present *in the affliction*. He is never absent. He need not be persuaded to come to our aid, as He is already present and at work in it all. We are not called to ignore our troubles, but to see God in them and to lay hold of Him in the midst of them.

“Therefore we will not fear...” Our God is our refuge and strength, an ever present help in trouble... therefore we will not fear. Our choice to dispel fear flows from the presence of our omnipotent, omniscient, omnipresent God. It is not based on easy circumstances, but on tough truth for tough times.

The Storms of Our Conflicts 46:2-3,6

“though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling... the nations rage, the kingdoms totter...”

Now the Psalmist lists the chaos of life-threatening circumstances that may come our way yet will not displace our peace. Look at the descriptions... Earthquake, landslide, tidal wave, war... the most catastrophic of circumstances are described. You see, we are not living in an illusion that ignores the realities of life’s worst case scenarios. It takes them all and holds them up before the reader lest we think our afflictions may be an exception to the rule. The storms of our conflicts are real and at times immense and overwhelming. Admit the conflicts and chaos. But don’t forget that God is there “in trouble” with you.

The Streams of Our Comforts 46:4-5,7

“There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts. The LORD of hosts is with us; the God of Jacob is our fortress. Selah”

Having described the chaos of cosmological and military catastrophe, he reminds us of the delightful river of gladness that flows uninterrupted in the midst of God’s dwelling place, reminding us of the river of the water of life that flows from God’s throne in the New Jerusalem in Revelation 22. God is in control! God is in the midst of His people. In His presence is fullness of joy. Let the world shake, let the mountains fall, let the nations rage, let the nations collapse... God reigns and at His word the world and all that is in it will melt away in His final wrath. Be at peace, O believer. This present chaos is not the final chapter. God helps His own and keeps them unshaken though in the very midst of all the conflict and chaos and catastrophe. “There is a river...” Never forget it!

The Serenity of our Contemplation 46:8-11

Come, behold the works of the LORD, how He has made desolations on the earth. He breaks the bow, He shatters the spear, He burns the chariots with fire. Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”
The LORD of hosts is with us; the God of Jacob is our fortress. Selah (Psalm 46 ESV)

Truth #1 - His Identity *“Be still and know that I am God”... “The LORD of Hosts”*

He alone is God. He is the LORD of Hosts - Jehovah Sabaoth - God of the armies of heaven. There is nothing on earth or all of it together that can withstand the Lord God. He knows. He is here. He waits in gracious mercy but will not wait forever. He will come and will be exalted on this chaotic, evil earth.

Truth #2 - His Sovereignty *“He has brought desolations on the earth. He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire...” “I will be exalted on the earth”*

He will destroy every weapon of war. He will destroy every worker of iniquity and establish His kingdom in righteousness on the earth. Every knee will bow and every tongue will confess that Christ is Lord and exalt Him on the earth, and among all nations.

Truth #3 - His Fidelity *“the God of Jacob is our fortress”*

God once again declared His name as the God of Jacob. Jacob the frail, Jacob the faithless, Jacob the deceptive, Jacob the deserter... Yet God was His God even before He changed his heart and his name. God is God of His people when the circumstances are the worst and when His people are the worst. This name, God of Jacob, reminds us that God is our God no matter what. Let not chaos or shame, grief or guilt, fire or failure keep you from this river of comfort. The GOD OF JACOB is our refuge. Jacob had to live along time to learn that trusting God and not our own schemes is the only way of life and peace. Fear was a besetting sin in Jacob’s life. It may very well be in ours as well. The choice (We will not fear) flows from the revelation that our God is the God of Jacob... the worm! *Isa 41:14 “Do not be afraid, O worm Jacob, O little Israel, for I myself will help you,” declares the LORD, your Redeemer, the Holy One of Israel.”*

This is our God! The God of Jacob! The I AM! The LORD of Hosts! Our Refuge! Our Help! God in the midst!

Self Check

- 1) Which of the names of God in Psalm 46 are most precious to you? Why?
- 2) Which of the verses in Psalm 46 mean the most to you this hour? Why?
- 3) How has God been your strength in recent afflictions?

For Further Study

Jesus in the midst... ever present

Matt 18:20 For where two or three are gathered together in my name, there am I in the midst of them.

Luke 24:36 And as they thus spake, Jesus himself stood in the midst of them, and saith unto them, Peace be unto you.

John 19:18 Where they crucified him, and two other with him, on either side one, and Jesus in the midst.

John 20:19 ¶ Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you.

John 20:26 ¶ And after eight days again his disciples were within, and Thomas with them: then came Jesus, the doors being shut, and stood in the midst, and said, Peace be unto you.

Heb 2:12 Saying, I will declare thy name unto my brethren, in the midst of the church will I sing praise unto thee.

Rev 1:13 And in the midst of the seven candlesticks one like unto the Son of man, clothed with a garment down to the foot, and girt about the chest with a golden girdle.

“Lord, You are God and God alone! You are Jehovah of Hosts. You are the God of Jacob! You are my God. Give me grace to hold on to these wonderful truths when the days are dark and the hours drag and the sorrow seems endless and the progress too small to measure. Give me a heart to remember Your Name, Your Nature, Your promise when the storms rages and the chaos descends like a cloud. Give me Your Spirit’s moving in my soul to revive my fainting faith and renew my vision of Thee, O God. I long to obey Your sweet command to “BE STILL AND KNOW THAT YOU ARE GOD.” Still my soul, and let me sing a silent song of praise in it all. Worthy is the Lamb in the midst. In His name, AMEN.”

Remember, you are very special to us and we pray for you.

Living with leaving in view.... John 9:4

Ron & Val

Seeing The Invisible, embracing The Unapproachable, declaring The Unexplainable,
changed by The Immutable, running after The Irresistible
with inexhaustible joy in our inexpressible sorrows,
spending our time on eternity,
owning nothing yet possessing everything
that matters and lasts.
We are Pilgrims in Paradox.
Welcome to THE JOURNEY