

Making God Our Refuge & Strength

Ps Andrew Foo (9/2/2020)

1. *The Background*

- Ps 46:1 (NLT)

*God is our refuge and strength,
always ready to help in times of trouble.*

- Written in the time of great **turmoil & trouble**
- God's people under threat of **external attacks**
- Novel Corona Virus



2. *The Blessings*

- a. **Strength & courage** – Ps 46: 1-3 (TPT)

*¹ God, you're such a safe and powerful place to find refuge!
You're a proven help in time of trouble—
more than enough and always available whenever I need you.*

*² So we will never fear
even if every structure of support^[b] were to crumble away.
We will not fear even when the earth quakes and shakes,
moving mountains and casting them into the sea.*

*³ For the raging roar of stormy winds and crashing waves
cannot erode our faith in you.*

Pause in his presence

- v1 → Always ready to help in times of trouble
 - “Trouble” – narrow or tight place
- v2-3 → Enable us to conquer our fears

- b. **Sustaining joy** – Ps 46:4-6 (TPT)

*⁴ God has a constantly flowing river whose sparkling streams
bring joy and delight to his people.*

*His river flows right through the city of God Most High,
into his holy dwelling places.^[a]*

⁵ God is in the midst of his city,^[b] secure and never shaken.

At daybreak his help will be seen with the appearing of the dawn.

*⁶ When the nations are in uproar with their tottering kingdoms,
God simply raises his voice
and the earth begins to disintegrate before him.*

- Importance of rivers in Bible times
- It's a supernatural river
 - His promises (v5)
- Where is the source of The River? Ps 16:11 (NKJV)

*¹¹ You will show me the path of life;
In Your presence is fullness of joy;
At Your right hand are pleasures forevermore.*

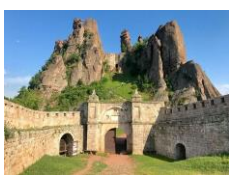
c. **Security for the future** – Ps 46:7 (CEV)

*⁷ The LORD All-Powerful
is with us.
The God of Jacob
is our fortress.*

- What's 100% guaranteed and secure today?



- A mighty fortress is our God → Martin Luther



- A powerful key – Ps 46:10 (TPT)

Surrender your anxiety!^[a]

*Be silent and stop your striving and you will see that I am God.
I am the God above all the nations,
and I will be exalted throughout the whole earth.*

- What it means to be still and know?

