

## Help in Trouble

Psalm 46

Introduction

The title of my message today is the last three words of verse 1 *Help In Trouble*. The word for trouble in our text can be translated tribulation. The same idea is expressed in James 1:2.

“Count it all joy when ye fall into divers temptations.”

The word for temptations is the word for tribulations. Everyone of us goes through trials in this life. Things go wrong. The question is how do you respond to them?

Nicola Paganini was a well-known and gifted nineteenth century violinist. He was also well known as a great showman with a quick sense of humor. His most memorable concert was in Italy with a full orchestra. He was performing before a packed house and his technique was incredible, his tone was fantastic, and his audience dearly loved him. Toward

the end of his concert, Paganini was astounding his audience with an unbelievable composition when suddenly one string on his violin snapped and hung limply from his instrument. Paganini frowned briefly, shook his head, and continued to play, improvising beautifully. Then to everyone's surprise, a second string broke. And shortly thereafter, a third. Almost like a slapstick comedy, Paganini stood there with three strings dangling from his Stradivarius. But instead of leaving the stage, Paganini stood his ground and calmly completed the difficult number on the one remaining string.

Help in trouble is a relevant message for all of us today. Maybe you are here and you've been in trouble in the past. Trials came into your life, and they overwhelmed you. Or maybe you are here today and you are going through trouble right now. The burden you feel is too much to bear and the load of it weighs you down. Perhaps you are here today and there is a trial coming into your life and you are not aware of it. It's future. This message is for all of us who experience trouble in the past, present, or future. There are five questions that we need to ask ourselves from this Psalm. And when we answer these 5 questions we will have a better understanding

and appreciation for Psalm 46.

## 1. Who is it that helps us?

The question implies that people need help. I know people, and you know people who think they don't need help from the Lord. Their lives are comfortable and prosperous. Life is good. "Who needs Christ and who needs help," so they reason. Until something bad happens. Until they get sick or lose their job. Then everything changes.

There is an old saying, "There are no atheists in fox holes." When trouble comes people seek help and most people seek God. But they don't know who the true God is. They seek a higher power. A power that is greater than themselves.

Who is it that helps us? Who is that *can* help us? Psalm 46 answers that question. It is the Lord. But notice there are five different names for the Lord in Psalm 46.

### 1. Elohim

In the Pentateuch the name *elohim* means a general concept of God; that is, it portrays God as the transcendent being, the creator of the universe. It does not mean the more personal and palpable

concepts inherent in the name Jehovah.

2. the Most High or El Elyon (Sovereign Over All)

3. The Lord of Hosts (the God of armies)

4. LORD/Jehovah

A Scripture name of the Supreme Being, by which he was revealed to the Jews as their covenant God or Sovereign of the theocracy; the "ineffable name" of the Supreme Being, which was not pronounced by the Jews.

5. The God of Jacob. The God who appeared to Jacob in his distress, and saved him out of all his troubles.

Why do you think the Psalmist uses 5 names of the Lord? I believe to teach us that whatever trouble or tribulation we find ourselves in the Lord is able to help and meet our needs, no matter the circumstances.

A closer examination of these names reveals these 5 names refer to the Lord Jesus Christ:

1. He is Elohim or Creator

Colossians 1:16 “For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him:

2. He is the Most High /the image of the Invisible God

Hebrews 1:3 “Who being the brightness of his glory, and the express image of his person, and upholding all things by the word of his power, when he had by himself purged our sins, sat down on the right hand of the Majesty on high:”

3. He is the Lord of Hosts/Captain of My salvation

Hebrews 2:10 “For it became him, for whom are all things, and by whom are all things, in bringing many sons unto glory, to make the captain of their salvation perfect through sufferings.”

4. He is Jehovah

John 8:58-59 “Jesus said unto them, Verily, verily, I say unto you, Before Abraham was, I am. Then took they up stones to cast at him: but Jesus hid himself,

and went out of the temple, going through the midst of them, and so passed by.”

## 5. The God of Jacob

John 14:9 “Jesus saith unto him, Have I been so long time with you, and yet hast thou not known me, Philip? he that hath seen me hath seen the Father; and how sayest thou then, Show us the Father?”

I Timothy 3:16 “And without controversy great is the mystery of godliness: God was manifest in the flesh, justified in the Spirit, seen of angels, preached unto the Gentiles, believed on in the world, received up into glory.”

## **2. Why would Christ help anyone?**

Some people have asked the question, “How is it that God could hate Esau and love Jacob. Almost to imply that God is unjust and unfair to hate Esau. When you understand the nature of man, and realize he is a sinner, with a corrupt and defiled nature, and he is a rebel against God. Then it is easy to see why a Holy God would hate the likes of Esau. But I don’t understand how the same God could love a sinner like Jacob—a swindler and a deceiver. But God did. He loved Jacob and the Bible tells us he loves the

whole world.

John 3:16 “For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”

Why would God so love the world? I believe the answer is found in Ephesians.

Ephesians 1:3-6 “Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ: According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: Having predestinated us unto the adoption of children by Jesus Christ to himself, **according to the good pleasure of his will**, To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.”

### **3. What kind of help does the Lord give to His people**

1. Saving help. God is our refuge and strength
2. Exceeding or Great Help /Key word *Very* he is found an exceeding [or superlative] help in

tribulations.

John Calvin writes, “God is sufficiently able to protect his own people, and that he gives them sufficient ground to expect it. God comes seasonably to our aid, and is never wanting in the time of need, as often as any afflictions press upon his people.”

### 3. Present Help/Continuous

### 4. Daily Help/Early

Calvin explains verse 5 “The expression, *the dawn of the morning* “*At the looking forth of the morning;* that is, as the Greek explaineth it, ‘very early;’ when the morning peereth or showeth the face.” “*As soon as the morning appears [or shows] its face; i.e.,* God will come very early to her succor, before any enemy is awakened to annoy her.” The expression is borrowed from the conduct of a person who, in his anxiety to accomplish a favorite object, engages in it earlier than men ordinarily would. *daily*, as soon as the sun rises upon the earth. The sum of the whole is, If we desire to be protected by the hand of God, we must be concerned above all things that he may dwell amongst us; for all hope of safety depends upon his presence alone. And he dwells amongst us for no



other purpose than to preserve us uninjured. Moreover, although God does not always hasten immediately to our aid, according to the importunity of our desires, yet he will always come to us seasonably, so as to make apparent the truth of what is elsewhere said,

“Behold, he that keepeth Israel shall neither slumber nor sleep,” (Psalm 121:4.)

#### **4. When does the Lord come to help His people?**

There isn't a moment that passes when the Lord does not come and help us.

*In times of Crisis.* We read of a crisis in Psalm 46, “Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.”

We tend to focus on the crisis and not on Christ who is control of all things, including the crisis that arises in our lives.

“God leads his dear children along. Some through the waters, some through the flood, Some through the fire, but all through the blood; Some through great sorrow, but God gives a song, In the night season and all the day long.”

*In times of Conflict/ We read in verses 6-9*

“The heathen raged, the kingdoms were moved: he uttered his voice, the earth melted. The LORD of hosts is with us; the God of Jacob is our refuge. Selah. Come, behold the works of the LORD, what desolations he hath made in the earth. He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire.”

The Lord is mighty in battle.

Psalm 24:8 “Who is this King of glory? The LORD strong and mighty, the LORD mighty in battle.”

Proverbs 21:31 “The horse is prepared against the day of battle: but safety is of the LORD.”

2 Chronicles 20:15 “And he said, Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the LORD unto you, Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's.”

## **5. Who are you going to for help?**

Exhortations from the Scripture

Psalm 28:7

“The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.”

Psalm 115:11

“Ye that fear the LORD, trust in the LORD: he is their help and their shield.”

Psalm 37:40

“And the LORD shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him.”

## Warnings from the Scripture

Psalm 146:3

“Put not your trust in princes, nor in the son of man, in whom there is no help.”

Isaiah 31:1

“Woe to them that go down to Egypt for help; and stay on horses, and trust in chariots, because they are many; and in horsemen, because they are very strong; but they look not unto the Holy One of Israel, neither seek the LORD”

Help in trouble come from Christ.

Let us pray!