

What Do You Do When Your World Is Falling Apart?

Psalm 46 (Page 412 in the BPB)

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For the choir director. A *Psalm* of the sons of Korah, set to Alamo. A Song.

“A Maskil” – found in 13 psalms. It may be a designation for a teaching poem/psalm. “For meditation & learning.”

“Of the Sons of Korah” – They were descendants of Kohath, son of Levi, who served in the temple as musicians. (1Chron. 6:22, 31-32)

“Set to Alamo” – “young women” Also used in 1 Chron. 15:20.

Psalm 46 is known as one of the “Songs of Zion” along with Pss. 48, 76, 84, 87, 122.

Possible Contexts: 2 Kings 19:32-37 (?) or 2 Chron. 20:1-30 (?)

Confessional Truth

¹God is our refuge and strength,

God – “the Most High” v.4; “The LORD of Hosts” vv. 7, 11; “The God of Jacob” vv. 7, 11; “The LORD” v. 8

“Our” personal; Psalm 23:1 The LORD is my shepherd....

Refuge – Pss. 14:6; 61:3; 62:7-8; 71:7; 91:2, 9; 142:5; Is. 25:4; Joel 3:16

Strength – Pss. 28:7-8; 29:11

A very present help in trouble. Lit. “A help in troubles He is found to be abundantly” or “help for us in adversity; exceedingly to be found.”

Ps. 145:18; Deut. 4:6-8; 7:21

Conclusion: There is no need to be afraid.

²Therefore we will not fear,

Psalm 23:4

The illustration of instability and helplessness; a world out of control:

though the earth should change

though the mountains slip into the heart of the sea;

³Though its waters roar *and* foam,

though the mountains quake at its swelling pride.

Habukkuk 3:17-19

¹⁷Though the fig tree should not blossom
And there be no fruit on the vines,
Though the yield of the olive should fail
And the fields produce no food,
Though the flock should be cut off from the fold
And there be no cattle in the stalls,

¹⁸Yet I will exult in the LORD,
I will rejoice in the God of my salvation.

¹⁹The Lord GOD is my strength,
And He has made my feet like hinds' feet,
And makes me walk on my high places.
For the choir director, on my stringed instruments.

Selah. "Pause and think about that."

God Dwells in the Midst of His People

⁴There is a river whose streams make glad the city of God,

The holy dwelling places of the Most High.

⁵God is in the midst of her, **she will not be moved**;

God will help her when morning dawns.

⁶The nations made an uproar, the kingdoms **tottered**;

He raised His voice, the earth melted.

Psalm 2

Refrain – Confessional Truth

⁷The LORD of hosts is with us;
The God of Jacob is our stronghold.

The Lord of hosts/armies

“Is with us” - N.T. – Matt. 1:23 “Immanuel” “God with us” (Is. 7:14, 8:10)

“The God of Jacob” - “Abraham, Isaac & Jacob”, “Israel” Gen. 32:24-30

“Stronghold”, “Fortress” vv. 7 & 11 “high tower”, “inaccessible place”, “security”

Selah. “Pause and think about that.”

An Invitation You Don't Want to Refuse

⁸**Come, behold** the works of the LORD,

Who has wrought desolations in the earth.

⁹He makes wars to cease to the end of the earth;

He breaks the bow and cuts the spear in two;

He burns the chariots with fire.

¹⁰“Cease *striving* [Be Still!] and **know** that I am God;

I will be exalted among the nations, I will be exalted in the earth.”

Psalm 2

To the believer:

To the unbeliever:

Refrain – Confessional Truth

¹¹The LORD of hosts is with us;
The God of Jacob is our stronghold.

Selah.

Where do you go for safety and/or comfort when you experience the uncertainties of life?

Natural disasters, national disasters, political uncertainties, economic uncertainties, personal uncertainties like losing a job, aging, sickness, loss of a loved one...

The believer in Jesus Christ has a sure foundation and a refuge and strength; a very present help in time of trouble.