

Scripture: Psalm 46

Note: Life often gives us difficult trials but we do not face them alone. We face them with God and in His strength. We also live in a world whose god is Satan and sometimes it appears as if the situation is hopeless but God is still on the throne. This Psalm is divided into three sections. Dr. McGee has given a good outline for us.

I. The sufficiency of God. (1-3) God is our refuge and strength, A very present help in trouble. 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 live in a world filled with stress. The root cause of much stress is fear.

1. Using God as a refuge and source of strength protects us from the crippling effects of fear. Fear usually sets in when we are trying to control a situation we are powerless over in our own strength. One area is illness. It is hard not to worry when you are ill. Paul gives us some insight on how to handle physical suffering in **2 Corinthians 12:7-10** And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

A. God's grace is sufficient for our physical needs. This account with Paul is very interesting, three times he asks God to take it away. Three times God says no and he has a reason; the thorn is necessary for your spiritual health. Our spiritual health is more important than our physical health. What we naturally pray for is substitution; health for sickness. What God is interested in is our conformation. **Romans 8:28-29** And we know that all things work together for good to them that love God, to them who are called according to his purpose. For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren. He takes the physical suffering and uses it to bring us closer to Him. Sometimes life is so hard we have to live one day at a time and when we do that we learn that we really can do all things through Christ who strengthens us.

B. There is a strengthening grace. **2 Cor. 12:9-10** And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. ¹⁰ Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong. Paul's goal in life is to be as much like Jesus as possible. He knows in order to do this God must be in control. God says to him, Paul when you are weak; I take over and become your strength. Paul's response is if trials make me closer to Jesus bring the trials and I will gladly accept them. He saw through the pain to the power. He saw through the cross to the crown.

II. The security of God. Psalm 46:4-7 There is a river, the streams whereof shall make glad the city of God, The holy place of the tabernacles of the most High. God is in the midst of her; she shall not be moved: God shall help her, and that right early. 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*. This is a

wonderful prophetic Psalm because one day the tribulation will occur; God will destroy the heathen nations and set up his kingdom on earth. But to me when I think of being secure no matter what is happening among I think of **Romans 8:31-32**.

A. God is for us. (31) What shall we then say to these things? If God be for us, who can be against us?

Obviously, Satan and his demonic hosts are against believers, but they cannot ultimately prevail and triumph over believers. God is the self-existent One and the sovereign Creator and, since He is for believers, no one can oppose believers successfully. **Jeremiah 29:11** For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

B. Christ died for us. (32) He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things? Roman 5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

Since God gave the greatest Sacrifice of all, His own Son, He will certainly not hesitate to give believers all other things pertaining to and leading to their ultimate sanctification (**2 Peter 1:3**).

According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Paul is teaches us about eternal security. God not only will give us the knowledge you need to be sanctified he will provide the power **1 Peter 1:5** Who are kept by the power of God through faith unto salvation ready to be revealed in the last time. To really take advantage of this we must apply **Colossians 3:1** If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Sometimes we don't feel connected. **Dr. Pedrone writes:** *The reason most of us don't smile is that we just look at the circumstances, which always have a tendency to weigh us down. Satan uses our circumstances to discourage us.* Christians often get depressed, lonely, stuck in grief, filled with anxiety. Satan says I thought God loved you. When my focus in on Jesus and I am constantly seeking to know him then I realize wait a minute God loves me with a perfect love. I am a recipient of God's amazing grace.

III. The supremacy of God. Psalm 46:7-11 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. Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. The LORD of hosts is with us; The God of Jacob is our refuge. Selah. The psalmist is reminding us that God is omnipotent. His will will be done. When He says don't worry your enemies will be destroyed they are going to be destroyed. **Be still, and know that I am God** means trust Him to keep his word. Be still can mean listen for the still small voice or rest in the refuge of Jesus. He is the shepherd and Bishop of our souls. The one who is protecting us and comforting us is the creator and Lord of everything.