

## **Finding Peace Among the Noise** **Psalm 46**

I thought most of you would be intrigued and even stirred about this sermon title. Finding peace among the noise.

That is hard for us to do isn't it?

We will get back in the book of Ephesians when I return but I wanted to share some things I believe we all need to hear from my personal studies in Psalms. Last week I began looking at and contemplating Psalms 46.

It begins by stating the following and I threw in verse 6.

**Psalm 46:1-3,6a, “God is our refuge and strength,  
A very present help in trouble.  
<sup>2</sup> Therefore we will not fear, though the earth should change  
And though the mountains slip into the heart of the sea;  
<sup>3</sup> Though its waters roar *and* foam,  
Though the mountains quake at its swelling pride.  
6a The nations made an uproar, the kingdoms tottered;**

This is, a lot of times, where we find ourselves isn't it?

I like that last line, the nations made an uproar, the kingdoms tottered.

I thought this was such a good Psalm for us to hear and enter into this morning in light of what is happening in our nation. The battle that rages between the two parties, the government shutdown, the abortion laws passed in New York, the senseless shootings that are occurring across our land, the hate and on and on the negative and violent narrative that keeps coming in our ears.

My sister and her husband in Denver said they had to take a break from the news because they were getting so angry and it was spilling out into their marriage.

Maybe you haven't been watching the news. Maybe the negative narrative you have coming into your ears has been from your marriage, your family, through your work place or the many other life events you are going through.

I know some of you are going through some tough stuff. End life of life stuff with your family. Stress coming into your lives from all different areas. On top of all of this you have your pastor who is preaching and crying out, know your gift...get involved.

So many pressures, so many things filling our lives, filling our ears that we need to hear these definite words from the Lord from time to time.

**God is our refuge and strength and a very present help in trouble.**

This passage continues,

**Though the earth should change  
And though the mountains slip into the heart of the sea;  
<sup>3</sup> Though its waters roar *and* foam,  
Though the mountains quake at its swelling pride.  
2a, We will not fear.**

I like how this is stated. It is stated as a fact. Even though these things are occurring in the world and in my life I will not fear and then the Psalms goes onto explain why we do not have to fear.

**4 There is a river whose streams make glad the city of God,  
The holy dwelling places of the Most High.  
5 God is in the midst of her, she will not be moved;  
God will help her when morning dawns.**

This passage mentions the city of God which we know to be Jerusalem. Jerusalem was founded by the chosen king of Israel and the man God said that was after His own heart, David. And of course we know that Jesus came through the lineage of David.

Jerusalem was also the one geographical spot on the entire earth where God said build Me a temple and I will inhabit it. Jerusalem was His city and He has plans for it for eternity.

The river referred to here, the river whose streams make glad the city of God, is the river Kidron. The river was actually an underground spring which pooled in caves on the eastern side of the city and these caves would fill, spill out and through its many streams and branches provided water to the whole city and to the valley below.

As I thought about this, how awesome that God provided the Israelites water from a rock during their travels in the desert and then He does something similar for the capital city of the nation of Israel.

Because the spring was welling up within the walls of Jerusalem it was safe from attacks from foreign invaders. If you could cut off the water source then eventually a city would fall. God made sure that would not happen. He provided and protected His dwelling place.

**He said in verse 5, I am in the midst of her, in the midst of Jerusalem, she will not be moved, God will help her when the morning dawns.**

Not only did God provide water, He also provided protection to His city. Going to war was a common thing in biblical days. Nations fighting other nations for control of lands and the resources they contained. But because Jerusalem was the dwelling place of God He said I am there, in the midst of her, this city will not be moved and I will help her as the morning dawns. With the morning light, the battles would begin.

I want you think about this for a moment. The city of God. He could have chosen any place to be His but He choose Jerusalem. So He provided for it, sustained it and protected it.

Again, this Psalm was written for the people to sing and be ministered to. The people of Jerusalem could be encouraged even though there was an enemy at the gate, attacking the walls, threatening them, threatening their families, threatening their livelihood, their very lives. They could sing out, God is our refuge, our strength, a very present help in trouble.

They were exhibiting their faith in midst of great trials and tribulations. They could do this because they were in the city of God, the place where He dwells.

Let's transition with this thought...

If God was so intent to provide for His physical city and His physical temple how much more will He provide for us?

The city of God and the temple where God dwelled eventually fell and crumbled. Not once but twice. It did fall to the foreign invaders but only because the people lost focus of their God. Who He was and how He wanted to provide for them.

Jerusalem still exists and God still has a plan for it but it is no longer the dwelling place of God. Where is the dwelling place of God today?

**1 Corinthians 6:19, “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God...”**

**2 Corinthians 6:16, “...For we are the temple of the living God; just as God said, ‘I will dwell in them and walk among them...’”**

We are the holy dwelling places of the Most High. Not only is God in the midst of us, He is in us.

Think about this statement again.

**If God was so intent to provide and protect His physical city and His physical temple how much more will He provide and protect us since we are now His temple?**

God is our refuge and strength, a very present help in trouble. How does this statement apply to you today? What are the troubles you are dealing with?

Think about these verses.

**The LORD Almighty is with us; the God of Jacob is our fortress.**

**<sup>8</sup> Come and see what the LORD has done, the desolations he has brought on the earth. <sup>9</sup> He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.**

**<sup>2</sup> though the earth give way and the mountains fall into the heart of the sea, <sup>3</sup> though its waters roar and foam and the mountains quake with their surging.**

**<sup>4</sup> There is a river whose streams make glad the city of God, the holy place where the Most High dwells.**

**<sup>5</sup> God is within her, she will not fall; God will help her at break of day.**

**<sup>6</sup> Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.**

It doesn't matter that the government is all in an uproar. It doesn't matter that the nation is slipping into chaos. It doesn't matter that there is catastrophic events happening across the globe. It really doesn't matter that you feel like there is a battering ram slamming against the doors of your life. Do you know why?

Because God is still on the throne. God is still our refuge, our strength and a very present help in the times of trouble.

Do you know this, do you feel it?

There are a couple of things we can do to help us not just feel the truth of God's presence and provision in our lives.

The first one is...

**Psalm 46:10, "Cease striving and know that I am God."**

The New international Bible says to be still and know that I am God. I can just hear God calling this out in a loud and firm voice...Be still, cease striving. Quiet down. Let the negative narrative in you ears and in your ears go silent for a moment. Cease striving and if you will be still you will know that I am your God and I am in control.

What I did for my city I will do for you.

As we avail ourselves to this then there is a river, the river of the Holy Spirit flowing into your heart, making it glad.

We all need this from time to time don't we? We all need to turn off the negative narrative, surrendered those things that we have been hanging onto, stop striving, be still and turn our eyes on Jesus.

Let's do that for a few minutes this morning.