

3.4 God Is Our Refuge and Strength!



Talim Savil

**Haywood Community College
Clyde, North Carolina**

Psalm 46: 1-6, 11-12

“God is our refuge and strength, a very present help in trouble. Therefore, we will NOT be afraid, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. The LORD Almighty is with us; the God of Jacob is our fortress.

God Is Our Refuge and Strength!

Therefore, we will NOT be afraid!!

This week has been a time of “trouble” for our family. My wife Martha accidentally tripped and fell in our home this past Sunday evening. I had to call 911 to have her transported for x-rays at the hospital, where we learned that she had broken her arm and shoulder in 3 places. While in the hospital, this scripture came to us on a card on a dinner platter that was sent up to us before the surgery. Martha and I both immediately embraced it. Just think, OUR God is a REFUGE and STRENGTH in TROUBLE! That’s certainly what we were in—TROUBLE! But we will NOT be afraid!! How can we possibly “NOT be afraid?” Even if the worst thing that could possibly happen happens (like mountains falling into the sea—that sounds pretty bad!), God is still God and He reigns over the universe! There is a city of God, where God dwells, and this city will NOT fall. Nations are in uproar, and kingdoms fall (that’s for sure!!), and even if the earth melts, the LORD Almighty is with us.

Then this verse talks about the “God of Jacob”. Because of this verse, I’m afraid a lot of people in the world, especially in Islamic countries, may feel excluded because they are not descendants of Jacob. Actually, neither am I!! But even though we are not genetically related to the Jacob or the nation of Jacob, we are “adopted” into God’s family because of our relationship with Jesus Christ. Jesus was born, He lived, and He died to redeem mankind, ALL who receive Him, regardless of race, color, creed.

“God is our refuge and strength, a very present help in trouble. Therefore, we will NOT be afraid, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, and she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; He lifts his voice, the earth melts. The LORD Almighty is with us; the God of Jacob is our fortress. . . . He says, ‘Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.’ The LORD Almighty is with us; the God of Jacob is our fortress.” **Psalm 46: 1-6, 10-11**

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