# God is Our Refuge and Strength

Psalm 46

Being "Still" is a Verb

• Psa 46:1 To the Chief Musician. A Psalm of the sons of Korah, set to soprano voices. A Song. God is our refuge and strength [mighty and impenetrable], A very present and well-proved help in trouble.

Psa 46:2 Therefore we will not fear, though the earth should change And though the mountains be shaken and slip into the heart of the seas,

Psa 46:3 Though its waters roar and foam, Though the mountains tremble at its roaring. Selah

- Psa 46:4 There is a river whose streams make glad the city of God, The holy dwelling places of the Most High.
- Psa 46:5 God is in the midst of her [His city], she will not be moved; God will help her when the morning dawns.

- Psa 46:6 The nations made an uproar, the kingdoms tottered and were moved; He raised His voice, the earth melted.
- Psa 46:7 The LORD of hosts is with us; The God of Jacob is our stronghold [our refuge, our high tower]. Selah.

- Psa 46:8 Come, behold the works of the LORD, Who has wrought desolations and wonders in the earth.
- Psa 46:9 He makes wars to cease to the end of the earth; He breaks the bow into pieces and snaps the spear in two; He burns the chariots with fire.

- Psa 46:10 "Be still and know (recognize, understand) that I am God. I will be exalted among the nations! I will be exalted in the earth."
- Psa 46:11 The LORD of hosts is with us; The God of Jacob is our stronghold [our refuge, our high tower]. Selah.