

Hello everyone. Hope you are having a good week. I am not, we put my mom in the hospice at Dayton, Ohio today. Please pray for her and us as she could get her call home very soon. Jesus told us in John 14:2-3 "In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.

She is in good spirits and not much pain, which is good.
Thank you all for your prayers. God bless and keep you; may His face shine upon you and may He give you His peace which passes all understanding!
Pastor Don

“God Is Our Refuge” Psalm 46 Nov. 17, 2013

The defense attorney was cross examining the arresting officer at a trial. He asked the officer if he saw his client fleeing the scene.' 'No sir.' Answered the officer. But I subsequently observed a person matching the description of the offender, running several blocks away.' Q: 'Officer -- who provided this description?' A: 'The officer who responded to the scene.'

Q: 'A fellow officer provided the description of this so-called offender. Do you trust your fellow officers?' A: 'Yes, sir. With my life.'

Q: 'With your life? Let me ask you this then officer. Do you have a room where you change your clothes in preparation for your daily duties?'

A: 'Yes sir, we do!'

Q: 'And do you have a locker in the room?' A: 'Yes, sir, I do.'

Q: 'And do you have a lock on your locker?' A: 'Yes, sir.'

Q: 'Now, why is it, officer, if you trust your fellow officers with your life, you find it necessary to lock your locker in a room you share with these same officers?'

A: 'You see, sir -- we share the building with the court complex, and sometimes lawyers have been known to walk through that room.'

Trust is a very important thing. Who do we trust? Who trusts us? Do we trust God?

We serve, love and obey a very powerful, all knowing, all loving God. We can trust Him; can He trust us?

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Psalm 46 teaches us that God is our refuge. A refuge is a safe place from danger or storms. When we put our trust in Jesus he becomes our shelter; our refuge, He can keep us safe from the storms and fears of life. There is no safer place than a life secured and sheltered by the presence of God.

Psalm 46 teaches us 3 very important things about God: 1st that He is a personal God.

2nd it teaches us that He is powerful, and 3rdly that He is permanent. Palms 46 also gives us the secret to trusting God; to trust Him we must know that He is God. Vs. 10 simply says “Be still and know that I am God.” That is easier said than done isn't it? The world is such a rat race these days. There is so much noise, so much hustle and bustle, so many demands on our time, so many things we want to do, so many things we just don't seem to find the time to do. What a busy

world we live in; the world is just too busy these days. Christians truly do need to stop, be quiet and know that God is God.

In Minneapolis, Minnesota there is a 99.99% [soundproof room](#) that holds the Guinness World's Record for being the quietest place on earth. NASA rents it to train astronauts.

But we don't need to rent a sound proof room to be quiet in the presence of God; we just need to be obedient. We just need to be still and know that God is God. And then we will willingly complete the verse and exalt Him. Do we know that God is God? Are we quiet in His presence? Is God our fortress and our refuge? (Pray)

Psalm 46 inspired Martin Luther to write the hymn "A Mighty Fortress Is Our God". Psalms 46, 47, & 48 are a trilogy of triumph psalms. Psalm 46 tells us of God's adequacy in conquering the threats that we face, all threats, whether they come from man or nature. 3 times the psalmist repeats the fact that God is our refuge. As people, we live in two unstable environments: the unstable environment of nature and the unstable environment of people. V1-3 relate to the unstable environment of nature, while vs. 4-11 deal with people. V1 affirms God's stability; vs.2-3 applies His stability. Vs. 4-7 remind us that God is our sure defense when our enemies attack us. Vs 8-11 tells us that God is still our fortress even when He comes to judge the people.

(Read V.1) By telling us that God is our refuge and our strength, the author is telling us that God is our impenetrable defense. The Psalms often describe God as a fortress for believers. In biblical times, most cities were built with high, strong walls for defense. Yet no city was ever truly impenetrable. Only God is our sure defense.

Psalm 46 is a promise that God is always with us, especially in times of trouble. And in this life it is a certainty that we will have trouble. But we need not fear because God is our refuge. (V2-3) Since God is our refuge, we need not fear no matter what happens; be it earthquake, fire, flood, tornado, hurricane, typhoon, or any other natural disaster that comes our way. The earth and mountains are poetic symbols for stability. When natural disasters strike, like an earthquake or a flood, they cause instability in our lives. The Psalmist is telling us that we don't have to fear because our true stability comes from God, not nature or man. God is our fortress and nothing shakes Him. Neither earthquake nor flood waters can destroy God's mighty fortress that He builds around His followers. Do we trust God? Are we depending upon His fortifications or our own? When the world around us is quaking, shaking and sinking are we hanging onto the solid arm of God?

(V4) Here the river is calm and natural, not swollen and raging. A lot of cities have a river for a water source. Jerusalem, the city of God, has no river but it has God; the fountain of life. Jesus is the water of life. He told us in John 4:14 "whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life." In John 7:37-38 Jesus said "If anyone thirsts, let him come to Me and

drink. ³⁸ He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.” Jesus, like a river, sustains our lives, but if we leave Him, drought is bound to find us. r we following Jesus?

(V5-6) the enemy attacks at dawn, but Jesus is there; He shall not be moved, the enemy is defeated. As we begin our day, do we trust God to protect us, to stabilize us, to hold us tight so that we will not be moved? (V7) For the 2nd time the Psalmist reassures us that God is our refuge. If God be for us, who can be against us? The presence of God secures the safety of God’s people.

Vs. 7 and 11 form a refrain. Both verses are the same; “The LORD of hosts is with us;

The God of Jacob is our refuge.” This refrain praises and thanks God, the Creator, for not only making and protecting his followers, but living with them as well. The personal and precious protection insures the security of His faithful followers. God truly is a mighty fortress for all who believe in Him. Then the author writes the word Selah. Although the definition of the word is not clear, Selah breaks the song for a musical interlude and gives one opportunity to stop & think about what has been said. It is similar to our word amen.

(V8-9) These verses talk of final judgment. God is victorious over His enemies. Do we trust God to fight our battles for us? Do we trust him to break the bow and snap the spear of our enemies? Do we watch and wait for him to burn their chariots? Do we find it hard to wait for God and His timing?

In Matthew 24:4-8 “And Jesus answered and said to them: “Take heed that no one deceives you. ⁵ For many will come in My name, saying, ‘I am the Christ,’ and will deceive many. ⁶ And you will hear of wars and rumors of wars. See that you are not troubled; for all these things must come to pass, but the end is not yet. ⁷ For nation will rise against nation, and kingdom against kingdom. And there will be famines, pestilences, and earthquakes in various places. ⁸ All these are the beginning of sorrows.” The word “sorrows” means birth pains. When a woman begins having labor pains, it means that the end of her pregnancy is near and the birth of her child is beginning. The pains become stronger and closer together until the child is born. Jesus is telling us that as His second coming gets closer and closer, there will be more and more wars, disasters and false prophets. We can see all these things happening in our world today. Christ can return at any time. Are we longing for his soon return? Would we be glad to see it or would it mess up our plans? Are we in charge of our lives or is God?

(V10) Verse 10 gives us the secret to living a good Christian life; be still and know that I am God. War and destruction are inevitable, but so is God’s final victory. When it finally comes, all the earth will stand silent before Him. These twin commands, to be still and to know that God is God, are given to all people, whether they believe or not. God will be exalted. As the song says “Every knee shall bow and every tongue confess that Jesus Christ is Lord.” Isaiah 45:23 “I have sworn by Myself; The word has gone out of My mouth in righteousness, And shall not return,

That to Me every knee shall bow, Every tongue shall take an oath.” Do we spend time each day setting silently before the Lord?

Habakkuk 2:20 tells us that “the LORD is in His holy temple. Let all the earth keep silence before Him.” Zephaniah 1:7 “Be silent in the presence of the Lord GOD; for the day of the LORD is at hand, for the LORD has prepared a sacrifice; He has invited His guests.”

The sacrifice God has prepared is His only begotten Son, Jesus Christ. Jesus died, sacrificed Himself, for all people. Any and all are welcome at the Lord's table. All have been invited. Many have accepted, some are still contemplating the offer and some have yet to hear it. Our mission, should we choose to accept it, is to get this message out. We are to go into all the world and make disciples. In order to do that effectively, we 1st must set silently in the presence of God and listen to the message ourselves. We must know that He is God; it is He who made us and not we ourselves; that we are His people and the sheep of His pasture. Do we sit silently in God's presence and listen to His voice?

In his sermon titled “Finding God in a busy world”, John Killinger gives us an example of v.10. He related the story of a woman he met in New York City. Moving to New York was hard on her; her husband left her and her daughter was rebellious. One day when she thought that she could take no more, she went to the promenade that overlooked Manhattan bay. She sat on a bench and stared at the tug boats in the bay. The longer she sat and stared, the more peace she began to feel. She felt God coming closer and closer to her. She began to feel completed, healed and whole once again.

She told Mr. Killinger that that day was a turning point in her life. Now whenever she gets overwhelmed, depressed or stressed, she goes and sits on that same bench in silence before the Lord and gets her spirit renewed. Solitude uniquely enables us to sense the presence of God. Do we be still and know that He is God? Do we exalt His name?

(v11) Christians have reason to celebrate; God is with us! He is our refuge! Do we trust Him? Do we obey him? Is He our refuge and our strength?

Anyone who has spent any length of time in a skyscraper knows that extremely tall buildings sway in the wind. The engineers know that it will happen and the building is in no danger of falling down but it can be very uncomfortable for the buildings occupants. So when the architects and engineers designed the 59 story Citicorp center in New York, they installed a machine called a tuned mass damper. Joe Morgenstern described it in New Yorker magazine as “essentially a 410 ton block of concrete, attached to huge springs and floating on a film of oil. When the building swayed, the block's inertia worked to damp the movement and calm tenants' queasy stomachs.” When the winds of life blow and try to make our lives sway, we need to remember

that the stabilizing force in our lives is Jesus Christ. He is our refuge and strength, a very present help in trouble. He is the only one that can truly calm our fears. Do we trust Him? Is He our refuge?

In 1947 missionary Dick Hillis and his family experienced God's protection. As they were building their ministry to nearly 1000 Chinese believers, the Communists attacked their Mule River Mission. The city fell and as if that were not bad enough, then the Nationalist mounted a counter attack. Their shells destroyed the neighboring houses and killing all inside of them. The Hillis' felt sure they were next. They huddled all together in a corner of the house waiting to die. But suddenly the shelling stopped. Soon the Hillis left their corner and went to bed. As Dick was tucking in his little daughter he noticed a scrap of paper under her pillow. He read the words she had written on it. A quote from Psalm 46:1 "God is our refuge and strength, a very present help in trouble." Do we have the faith of a little child? Are we resting on a very big verse from a very faithful God?

Do we know that God is our refuge and strength, a very present help in trouble?

Are we quiet and still in His presence? Do we know that God is God? Do we exalt Him?

The Lord of Hosts is with us; The God of Jacob is our refuge!

Hallelujah! Amen! Let's pray!