



When the storms of life grow wild,
When the Enemy of our soul advances against us,
When we are deserted,
When our health and strength fails,
When all that should be stable is shaking,

our Dwelling Place serves as
our Refuge and Fortress



WORSHIP AND BOW DOWN:

REFUGE, FORTRESS, DELIVERER

Psalm 46



VSS. 1-3

When “it’s about to get real”

“Ever present” (Heb.) connotes how quickly, how fully and how powerfully God helps in our distress

“Therefore...”

See also Ps. 27:1-3

VSS. 4-7

Similar to Ps. 23 where David describes how God will “prepare a table before me in the presence of my enemies.”

How can the writer (and the reader) be at rest?

“God is within her”

“The Lord Almighty is with us”

“The God of Jacob is our fortress”



VSS. 8-11

Indeed, “If God is for us, who can be against us?”

(Rom. 8: 31-39)

Consider also Isaiah 9:7

And in that light, “Be still...”

“Cease striving”

DELIVERER

Ex. 14 Children of Israel and the Red Sea

“I will fight for you; you need only to be still.”

Dan. 3 The Fiery Furnace

“The God we serve is able to rescue us, and He will...”

Dan. 6 Daniel and the Lion’s Den

“My God sent His angel,
and he shut the mouths of the lions...”



Psalm 18:1-19

As a sidenote:

Sometimes God delivers us FROM trouble, and
sometimes He delivers us THROUGH it



All of those instances of deliverance from very real -
but lesser - crises give us confidence in God's ability
to deliver us from our greatest distress

Col. 1:13, 21-23

Eph. 2:1-4