

Navigating Life: Finding Strength and Support in Christ

Psalm 46:1-3, 10

Minister Keron Brown

Context Notes on Psalm 46- The psalmist magnified God as the saints' sure defense at all times. He explained that God's presence makes Zion secure from all her enemies. Because of the psalmist focus on God being a stronghold as the Lord of host (vs. 7, 11), he only gives the saints four commands (instruction) in the entire psalm. The instructions to the saints are not centered around their own personal deeds, but rather a call to focus on God (The Lord of Host), the fortress and stronghold of Zion.

The Lord of Host- Psalm 46 highlights God attributes as the Lord of Host. The Lord of Host is the most frequently used compound title for the God of Israel in the Old Testament. A phrase describing [Yahweh's](#) role as the Lord of the heavenly armies, the commander of the cosmic forces, the head of the [divine council](#), and the leader of Israel's [army](#). The phrase "Lord of Hosts" communicates God's role as a [warrior](#) who fights both in the cosmic conflict against divine forces and through human historical events for His people, [Israel](#).

Sermon Outline

Don't Revere Your Troubles (vs. 1-3)

- The first command (or instruction) the psalmist gives to the reader is not to fear!
 - **Fear-** be afraid, fear God, be feared, be honored; terrible; dreaded; awesome
 - The Hebrew Word (yr') is the same word used for reverencing God.
 - The command to not fear comes as a result of realizing who God is in verse one.

- God is our refuge, strength, and present help in trouble!
 - **God is-** This is a factual statement about God rather than just a suggestion.

The indication is that the attributes that are about to be listed about the character of God is what He is for His people.
 - **Refuge (mahseh)-** a shelter from the pursuit of danger or trouble
 - **Strength-** Protection

- The psalmist then gives to hyperbolic (exaggerated statements or claims not meant to be taken literal) about the earth and mountains:
 - The earth should change and its waters roar and foam!
 - The mountains slip into the heart of the sea and quake at its swelling pride.
 - Because God is our refuge and strength, in the midst of the most drastic times, I don't have to fear!

Let Go and Know God (vs.10)

- The third and fourth command to cease striving and know that He is God come after the second command given in verse 8, which is to observe the works of the Lord.
- In verses 8-9, we behold (observe) that God:
 - He makes wars cease (literally stop) all over earth (vs. 9)
 - He takes away all the human means of wars and destroys them (vs.9)

- In our observation of all that God can do, it should lead us to stop our human efforts and trust in God.
- **Cease Striving-** grow slack (loosen up), release, let go
 - Cease striving does not mean we stop our day-to-day functions of love in which God has called us to do.
 - God has told us to love our neighbor as ourselves (Matt. 22:39)
 - God has told us to love our enemies and pray for those who persecute us (Matt. 5:43-44)
 - We are known by our love, so our love should never cease (John 13:35)
- **Know He is God**
 - **Know-** notice, hear of, learn, realize
 - **When we understand and recognizing who God is, by contrast, we know who we are not, and we stay in our lane!**
 - When do we cease striving? When we try to do only what God can do!
 - There are verses in the bible that refer to God as the changer of hearts (Ps. 51:10, Ezekial 36:26, Deut. 30:6, Isa. 57:18). There are no verses in which man changes hearts.
 - When we find ourselves trying to manipulate situations and change people, we are crossing over to territory that belongs to God and thus demonstrating a lack of trust and faith in Him!
- **God will be exalted among the Nations and Earth!**
 - **Exalted-** to be high above

- God was in the midst of a river's stream that benefited the city of Zion. This made Zion immovable (vs. 4-5)
 - We are God's church, and anybody who seeks to destroy us, God will destroy them (1 Corinthians 3:16-17).
- When the nations and kingdoms came against God's people, His word melted them (vs. 6).
- As long as we make a choice to hide ourselves in God, he will fight for us, and the world will bow to Him (Philippians 2:10-11).