

BEING STILL IN THE MIDST OF TROUBLE

(Part 1: Psalm 46)

Psalm 46 is written as a timeless encouragement to God's people in the midst of trouble and danger. It points us to the reality that as our Almighty God, the Lord has the power to calm the turbulent storm that engulfs His people (Mark 4:35-41). But there are occasions in our lives when God does not calm the furious storm. Instead, God calms us, His people, in the midst of the raging storms of life. In the face of all these chaos and tumults, God says to us, "*Be still and know that I am God!*" This psalm declares the majesty of who God is and the marvel of what God does to those who trust in Him. Here are the encouraging truths that this Psalm teaches us.

- 1. *We have absolute security in the* _____.**

The Psalmist begins with this God-centered declaration: "*God is our refuge and strength, a very present help in trouble*" (Psalm 46:1). This statement makes two assertions about the power of God. First, God's power protects and strengthens us. When there is nowhere else to turn and no one else to help, God remains to be our hiding place, our safe refuge and our source of protection (Psalm 91-1-2). God is not only our refuge, He is also our strength. God is the One who empowers us and enables us to persevere when we are afflicted and assaulted. Moreover, God is our very present help in trouble. He is readily available and is always willing to help us in times of perils and turmoils.

Second, God's power drives away our fear (Psalm 46:2-3). Faith in God and ungodly fear cannot coexist. If we truly believe that the Lord is our refuge and strength, our fear and restlessness must be replaced by God-centered confidence. Even the changing and the shaking of the natural world can never change the nature of God. Our God is the God who is greater than all forces of nature for He is the Sovereign Creator and Lord who controls and upholds the natural world by His powerful word (Nahum 1:5; Jer. 10:12-13; Heb. 1:3; Psalm 27:1; Isa. 41:10).
 - 2. *We have absolute security in the* _____.**

Most Bible commentators contend that Psalm 46 points us back to the invasion of Israel by Assyria, led by its evil tyrant, Sennacherib (2 Kings 18:13-19:37). In the face of an impending invasion and devastation of the city of Jerusalem, the people of God, under the leadership of King Hezekiah, placed their trust in the presence of God. Reflecting on this historical event in the life of Judah, the Psalmist teaches us these truths. First, God's presence sustains us (Psalm 46:4). Throughout the threat of the Assyrian army, the Lord sustained His people through a water supply devised and engineered by King Hezekiah (2 Chron. 32:1-8). But ultimately, it was God's life-sustaining presence that upheld the people of Judah in the midst of a military siege. Since God is in our midst and is present among us, we, His people, cannot be moved (Psalm 46:5; John 7:38-39). Second, God's presence helps us when we are at our weakest (Psalm 46:5). When we are most helpless and vulnerable, God graciously helps us and powerfully delivers us (2 Kings 19:14-19; 35-37).
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