



God is our Refuge and Strength

46th in the “Psalms” Series

Psalm 46

March 8, 2026

Pastor Mickey Klink

Introduction

With this Psalm, the church confesses its confidence in God as our refuge and strength.

Psalm 46 teaches us how Christ is the refuge and strength of his people, the church:

1) The Church is under constant threat yet is powerfully protected in Christ (vv. 1-3).

2) The Church dwells safely in the “mighty fortress” of God (vv. 4-7).

A Mighty Fortress is Our God – Martin Luther:

*A mighty fortress is our God, A bulwark never failing;
Our shelter He, amid the flood Of mortal ills prevailing.
For still our ancient foe Doth seek to work us woe;
His craft and pow’r are great, And, armed with cruel hate,
On earth is not his equal.*

*Did we in our own strength confide, Our striving would be losing;
Were not the right Man on our side, The Man of God’s own choosing.
Dost ask who that may be? Christ Jesus, it is He;
Lord Sabaoth is His name, From age to age the same,
And He must win the battle.*

*And tho’ this world, with devils filled, Should threaten to undo us;
We will not fear, for God hath willed His truth to triumph through us.
The prince of darkness grim — We tremble not for him;
His rage we can endure, For lo! his doom is sure,
One little word shall fell him.*

3) The Church can rest securely in the authority of the exalted Lord (vv. 8-11).

Two application questions:

(1) Is Psalm 46 speaking about present protection, or is this a promise of God’s final victory at the end?

(2) Can Psalm 46 be applied to me personally, or is it only speaking about the church as a whole?

Response

In present troubles, the church confesses: “God is our refuge and strength!”

Sunday Text Questions

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Read the text aloud and discuss together any significant observations or issues that need clarification.

- 1) What comes to mind when you read the opening of Psalm 46: “God is our refuge and strength?”

- 2) In what ways does God protect his church, serving as “an ever-present help in trouble” (v. 1)?

- 3) Surely Christians suffer and are treated poorly by nations and evil doers. How, then, can it be true that God protects his church when the church suffers and faces the uproar of the nations (v. 6)?

- 4) The sermon on Sunday and even the 500-year-old song written by Martin Luther, “A Mighty Fortress is our God,” both claim that Psalm 46 is talking about Jesus. How does this Psalm point to the person and ministry role of Jesus?

- 5) The statement in v. 10, “be still, and know that I am God,” is most often read as God speaking peace and calm to a person. How does that statement read differently when it is properly understood to be speaking to the evildoers in the world?

- 6) What does it mean that God is “our fortress” (v. 11)? How does this truth comfort or encourage you?

- 7) In what other ways, if any, did this passage speak into your life to teach, rebuke, correct, or train you in righteousness (cf. 2 Timothy 3:16)?

Further study this week: Passages related to the message of this week’s text: Isaiah 54:17 (Mon); Deuteronomy 31:6 (Tues); 2 Thessalonians 3:3 (Wed); Isaiah 41:10 (Thurs); Proverbs 18:10 (Fri).