

God Is Our Refuge and Strength

When the absolute worst happens, this is the Psalm to know and pray. It has comforted millions through the years, when comfort is desperately needed. When we are completely helpless, God is our refuge and strength. He controls all things, and provides comfort when nothing else can. He provides peace, when peace is inconceivable. God makes many glorious promises to His children, but He never promises an easy life, without pain, suffering, and catastrophes. We must ***train for the moment*** we need the peace and comfort that only our sovereign, almighty God can provide. Read this Psalm slowly, meditating on the greatness and power of God. Memorize it, pray it, make a prayer and ***train now!*** Then you will be prepared to pray it for yourself or for someone you love, ***in the moment*** of crisis.

Psalm 46 (ESV)

God Is Our Fortress

46 God is our refuge and strength,
a very present help in trouble.

²Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,

³though its waters roar and foam,
though the mountains tremble at its swelling. Selah

⁴There is a river whose streams make glad the city of God,
the holy habitation of the Most High.

⁵God is in the midst of her; she shall not be moved;
God will help her when morning dawns.

⁶The nations rage, the kingdoms totter;
he utters his voice, the earth melts.

⁷The LORD of hosts is with us;
the God of Jacob is our fortress. Selah

⁸Come, behold the works of the LORD,
how he has brought desolations on the earth.

⁹He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.

¹⁰“Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!”

¹¹The LORD of hosts is with us;
the God of Jacob is our fortress. Selah

John Piper recalls a humiliating lesson he learned as a new pastor:

[My first or second year of pastoring I was called to the hospital—quickly. I went without my Bible. I walk into a room of probably 20 family members that didn't know if a church member was alive or dead—as she is in surgery. Her husband gave me a big hug and said, "John, give

us a Word from the Lord." Now, if I had my Bible I would have opened it to a Psalm or something. I didn't have my Bible, and for whatever reason at age 35 my mind went blank.

I felt so humiliated. It was horrible. Here are 20 people, and the husband of a dying woman says, "Give us a Word from the Lord." I can't even remember what I said. I probably said, "Let's pray," and tried to paraphrase some Scripture. I went home and got on my knees that afternoon. I said, "Lord Jesus, that will never happen again." I opened to Psalm 46—"God is our refuge and strength." I have been able to quote Psalm 46 verbatim for the last 28 years. I decided that Psalm 46 is going to be in my head because it is so useful all the time.]

A Kingdom Prayer of Comfort In Crisis

My wonderful and gracious God, teach me to rely only on you. When everything falls apart, when loved ones die, when all seems lost, my comfort will be found only in You. Make my faith strong, so when the crisis comes, my first thought will be You, and that You will see me through it.

There is no peace in the world. The nations rage, and the wicked lie, terrorize, torture and kill. But You control all things. Your sovereign plan of restoration will be accomplished. You will make all things right. The wicked will be punished and your children will be vindicated. You will comfort me in the midst of terror, persecution, natural disasters, disease and death.

Make me know that you are God! Still my fears, calm my heart. Teach me to believe your promise of peace and comfort.

Prepare me Lord, for whatever comes, and keep me safe with You! Amen.

What a mighty God we serve!

Martin Luther wrote the hymn, A Mighty Fortress Is Our God, based on the 46th Psalm.