

# **Advent Peace: Psalm 46**

**By Rev. Paul Hudson**

**Sermon Summary & 5-Day Devotional Nov. 30<sup>th</sup>, 2025**

## **Sermon Summary**

This sermon teaches that God is our ever-present refuge and strength—always near, always positioned to help us when trouble comes. While becoming a Christian doesn't remove our storms, God sustains us through them, giving us the power to endure and overcome. Even when life feels like mountains falling, waters roaring, or the ground giving way beneath us, we choose faith over fear because God is with us. The psalm points forward to the eternal city of God described in Revelation, where the river of life flows and peace, healing, and security define our true home. Ultimately, God will end all wars and establish perfect peace, inviting us now to “be still and know that I am God,” resting in His presence, sovereignty, and unfailing protection.

## **Key Takeaways**

### **1. God Is Our Ever-Present Help in Trouble**

Psalm 46 opens by declaring God as our refuge and strength—help that is “very much within reach.” The Hebrew phrase emphasizes that God is positioned and ready to help, but we must actively seek Him, just as someone runs to a storm shelter during a tornado.

### **2. God's Protection Doesn't Always Remove Trouble—He Strengthens Us to Endure It**

The sermon clarifies that God's help doesn't mean our troubles disappear in this life. Jesus promised we will have trouble, but He also promised peace because He has overcome the world. God's protection means sustaining us through the storm, not always eliminating the storm.

### **3. When Life Collapses, We Choose Faith Over Fear**

The psalm uses vivid imagery—mountains falling, waters roaring, earth giving way—to describe life's most destabilizing crises. Even in such chaos, God's nearness allows believers to turn to Him instead of giving in to fear.

### **4. The River and City of God Point to Our Eternal Peace and Future Hope**

Psalm 46 anticipates the New Jerusalem described in Revelation. The river of life, the presence of God, and the healing of the nations remind believers that their true citizenship is in God's eternal city. This future hope brings peace now.

### **5. God Will End All Wars, and We Find Peace by Being Still Before Him**

The Lord ultimately breaks weapons, ends wars, and brings judgment on evil. In light of His sovereignty, believers are called to “Be still and know that I am God”—to quiet their troubled hearts, worship, and trust that He is in charge, not their circumstances.

## **5 Day Devotional Based on the Sermon**

### **Day 1 God Is Our Ever-Present Help**

Psalms 46:1 — “God is our refuge and strength, an ever-present help in trouble.”

God is not distant, delayed, or disengaged. He is “very much within reach,” positioned and ready to help when you call on Him. But like someone running into a storm cellar during a tornado, you must choose to go to Him. Peace begins with turning toward the One who is already near. Today, become aware that God is closer than your fears, closer than your anxieties, and closer than your troubles.

*Prayer Prompt:*

*Lord, make me aware of Your nearness. Teach me to turn to You first, not last, when trouble comes.*

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### **Day 2 He Strengthens Us Through Trouble, Not Just Out of It**

John 16:33 — “In this world you will have trouble. But take heart! I have overcome the world.”

Christianity never promises a life free from trouble. Jesus Himself tells us the opposite. Yet He also promises peace—a peace rooted not in the absence of problems but in His victory over them. God may not remove the storm, but He will give you the strength, courage, and endurance to walk through it without being overcome.

*Prayer Prompt:*

*Father, help me embrace Your strength today. Give me the peace that comes from knowing You have already overcome every trouble I face.*

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### **Day 3 Choosing Faith Over Fear When Life Collapses**

Psalms 46:2–3 — “Therefore we will not fear, though the earth give way... though the mountains fall... though the waters roar.”

The psalm uses earth-shaking imagery to describe the moments in life when our foundation crumbles—relationships fail, finances unravel, health falters, or plans fall apart. The message is not “pretend things aren’t bad,” but “God is greater than the chaos.” Fear invites panic. Faith invites His presence. When everything shakes, we cling to the One who cannot be shaken.

*Prayer Prompt:*

*God, when I face moments that shake me, steady my heart. Help me turn to You instead of fear.*

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### **Day 4 Our Eternal Home: The River and City of God**

Revelation 22:1–2 — “The river of the water of life... flowing from the throne of God... and the leaves of the tree are for the healing of the nations.”

Psalms 46 looks forward to the New Jerusalem—the eternal city of God, filled with life, healing, and peace. This world is not your final address. Your true citizenship is in God’s kingdom,

## 5 Day Devotional Based on the Sermon

where no mountains fall, no waters roar, and no night exists. Remembering your eternal home brings present-day peace. Your story ends in healing, not chaos.

*Prayer Prompt:*

*Lord, anchor my hope in Your eternal kingdom. Help me live today with the peace of knowing where my true home lies.*

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### **Day 5 Be Still: Peace by Surrendering Control**

Psalm 46:10 — “Be still, and know that I am God.”

This command is not passive. “Be still” means:

Stop striving.

Stop controlling.

Stop fearing.

Remember who is truly in charge.

When you quiet your heart before God, peace rushes in—not because circumstances change, but because your focus does. God will end all wars, silence all evil, and reign forever. Today, He invites you to step out of the battle long enough to breathe, worship, and rest in His sovereignty.

*Prayer Prompt:*

*God, teach me to be still. Quiet my anxious thoughts, and help me trust that You are God and You are in control.*

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