

SELAH

PSALM 46 – ERIC SIMPSON – DECEMBER 31, 2017

Selah = pause, reflect, internalize

Psalm 46

1 God is our refuge and strength, an ever-present help in trouble.

*2 Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,*

*3 though its waters roar and foam and the mountains quake with their surging.
Selah*

*4 There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.*

5 God is within her, she will not fall; God will help her at break of day.

6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

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

*8 Come and see the works of the LORD,
the desolations he has brought on the earth.*

9 He makes wars cease to the ends of the earth;

he breaks the bow and shatters the spear, he burns the shields 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."

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