



OUR REFUGE & OUR STRENGTH

Sarah Kawalsingh

Turn to Psalm 46

One of the things the Psalms teaches us is to walk in faith. Examples abound of faith in God in spite of circumstances. Though situations arise that seem overwhelming, hopeless, oppressive, and fearful, the Psalms point to God as our refuge. Spirit Filled Life Bible

The psalm consists of a profession of faith (1–6) and the facts which vindicate faith (8–10). Verses 1-4 reveals:

1. The *refuge* to hide in
2. The *strength* to bear the trial
3. The *help* that stands at the ready.

At the beginning of this psalm: To the Chief Musicians. A psalm of the sons of Korah. A Song for Alamo (to be sung by soprano voices).

The psalm opens with familiar words about God. A refuge is a shelter or fortress, a place of protection. Often, we try to handle the trials of life by ourselves, in our own strength. When we do, we are forgetting that whatever we face, we can go to God for protection and strength.

“A very present help” (46:1) means that God is aware and ready. God has given His word that He is our immediate help in times of distress. No matter how dire our circumstances, He wants to be there to protect, strengthen, and help us. Vines Dictionary

God: el-o-heem’ – the supreme God, occasionally applied by way of deference (respect, reverence, awe) to magistrates; and sometimes as a superlative (unmatched, unbeatable).

‘**Ever** present, **very** present’ – Hebrew Dictionary: Vehemently, wholly, speedily, diligently, exceedingly fast, louder and louder.

“The secrets of the Kingdom will be given more and more as we continue to act on His word.” Beth Moore

To the Church in Philadelphia. To the angel of the church in Philadelphia write: These are the words of him who is holy and true, who holds the key of David. What he opens no one can shut, and what he shuts no one can open. 8 I know your deeds. See, I have placed before you an open door that no one can shut. **I know that you have little strength, yet you have kept my word and have not denied my name.** With birth pains as a sign of Christ’s return. (Revelation 3:7-8, NIV)

Turn to Numbers 16

History of Korahites: Worship leaders, song writers, proclaim the word, servants in the house of the Lord.

Read Numbers 16

For a day in Your courts is better than a thousand. I would rather [a]be a doorkeeper in the house of my God. Than dwell in the tents of wickedness. For the Lord God is a sun and shield; The Lord will give grace and glory; No good thing will He withhold. From those who walk uprightly. O Lord of hosts, Blessed is the man who trusts in You! (Psalm 84:10-12, NKJV)

Conclusion

“A clear picture of the living God moves our hearts. His transcendence causes us to feel awe. His holiness evokes sorrow for our sin. A view of his mercy leads to gratefulness. The knowledge of his sovereignty brings great peace. Meditating on the price the Savior paid to reconcile us to God leaves us in wonder, and rightly so.” Bob Kauflin

Yea, though I walk through the valley of the shadow of death, I will fear no evil; For you are with me Your rod and Your staff, they comfort me. (Psalm 23:4, NKJV)



Comfort – nacham (nah-chahm) To comfort, console, extend compassion, sigh with one who is grieving, repent. Nacham originally may have meant “to breathe intensely because of deep emotion.” In some references, the word is translated “repent”, the idea being that regret causes deep sighing. In its sense of comfort, nacham does not describe casual sympathy, but rather deep empathy. It is like “weeping with those who weep” or actually “sighing with those who sigh”. From nacham are derived the name “Nahum” (“comforting”) and Nehemiah (“Comfort of Yahweh”).

God is our refuge and strength.