

God Is Our Refuge
Psalm 46
Charlie Brackett

The 46th Psalm is one of my favorites (though there are many). As you know, all of the Psalms are poems or songs, and this one is a song of three stanzas written, as far as we know, to be sung at worship in the temple. You will notice in your Bible at the end of each stanza the word "Selah". It is not really known what Selah represents though many believe it to be a musical notation. It was frequently used in musical psalms and usually occurs after some significant statement. Selah is believed to indicate a break or pause in the song, perhaps a time when musical instruments were more prominent or a doxology was inserted or when a silent break was used for emphasis. Because of what it is thought to mean, we do not read Selah when reading aloud.

This psalm's theme, God is our refuge, our stronghold, is repeated in each stanza. Verses 2 and 3 speak of His strength in relation to nature. Verses 6, 8, 9 and 10 tell of His strength relative to nations. And His strength and help are near, very near. This point is made in verses 1, 5, 7 and 11. Now, let us read this noble psalm. Notice in the reading, please, the response of man to the awesome strength and sure refuge of God.

God is our refuge and strength,
A very present help in trouble.
Therefore will not we fear, though the earth be removed,
And though the mountains slip into the midst of the sea;
Though the waters thereof roar and be troubled,
Though the mountains shake with the swelling thereof.

There is a river, the streams whereof shall make glad the city of God,
The holy place of the tabernacles of the Most High.
God is in the midst of her, she shall not be moved;
God shall help her, and that right early.
The heathen raged, the kingdoms were moved;
He uttered His voice, the earth melted.
The Lord of hosts is with us;
The God of Jacob is our refuge.

Come, behold the works of the Lord,
What desolations He hath made in the earth.
He maketh wars to cease unto the end of the earth;
He breaketh the bow and cutteth the spear in sunder;
He burneth the chariot in the fire.
Be still, and know that I am God;
I will be exalted in the earth.
The Lord of hosts is with us;
The God of Jacob is our refuge.