

Psalm 46

Short Expositions for Daily Meditations

October 28, 2025

Psalm 46: God Is Our Refuge and Strength

Introduction

Exposition

Protection of God (46:1-3)

- 46:1-3** **To the Chief Musician.**
A Psalm of the Sons of Korah.
A Song For Alamothe!
- 1** **God is our refuge and strength,**
 A very present help in trouble.
 - 2** **Therefore we will not fear,**
 Even though the earth be removed,
 And though the mountains be carried into the midst of the sea;
 - 3** **Though its waters roar and be troubled,**
 Though the mountains shake with its swelling. Selah

This passage speaks of the power of God over all great forces of nature and the protection of God from all attacks against his own people and therefore one need not be afraid of anything. V 1. God's help is very near. His protection is a recurrent theme in many Psalms. God (**Elohim**) V 2. Earthquake can be a terrible time where one has nothing to hold on to. Mountains are considered immovable and mountains moving is unimaginable. Even if such situations happens, God's help is available, and hence we need not fear of any calamities. V 3. Similar catastrophes are possible in the sea and also volcano's are pictured here. These

are scary situations for any human being. God's help is available in all such situations.

Presence of God (46:4-7)

- 46:4-7**
- 4 There is a river whose streams shall make glad the city of God,
The holy place of the tabernacle of the Most High.**
 - 5 God is in the midst of her, she shall not be moved;
God shall help her, just at the break of dawn.**
 - 6 The nations raged, the kingdoms were moved;
He uttered His voice, the earth melted.**
 - 7 The Lord of hosts is with us;
The God of Jacob is our refuge. Selah**

This passage speaks of the peace surrounds His faithful in the midst of various calamities. The Lord is over all those who attack the Jerusalem, the Holy City, the city of God. V 4. The river is a picture of the life giving presence of the Lord. Tabernacle is a picture of the presence of God and his desire to dwell with him people. V 5. The presence of God make his people stand against all enemies of God. The break of the dawn indicates the help of the Lord is very near. V 6. Nations raged against the Messiah is a concept seen in Psalm 2 also. Lord uttered his voice is an indication God's anger to those who rebelled against him. The result is that earth melted - that is no power is able to stand against him. God who created earth is able to dissolve it. V 7. Lord of hosts indicates the power of God. He is with us is the mercy of God. God of Jacob shows the intimacy we have with God.

Purposes of God (46:8-11)

- 46:8-11** 8 Come, behold the works of the Lord,
Who has made desolations in the earth.
- 9 He makes wars cease to the end of the earth;
He breaks the bow and cuts the spear in two;
He burns the chariot in the 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 of hosts is with us;
I will be exalted in the earth!
The God of Jacob is our refuge. Selah

This is under preparation, Kindly go to next page. Thank you.

Application