**Psalm 46 – Refuge and Strength**

Philip Jackson

*Observing the trouble and comfort.*

Trouble observed

Comfort observed

Summary of Psalm 46 in one sentence: *When I embrace the presence of God in my pain, I experience his comfort and his strength to press on.*

***I experience His comfort***

God is our refuge and strength, a VERY present help in trouble.

***I embrace the presence of God in my pain***

Key Commands:

1. Be still and know that I am God. v 10

Comforting promise: I will be exalted among the nations

1. Come and see the works of the Lord v 8

***I experience His strength to press on***

The Lord Almighty is with us, the God of Jacob is our Fortress