

Psalm 46 – Refuge and Strength

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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
2. 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