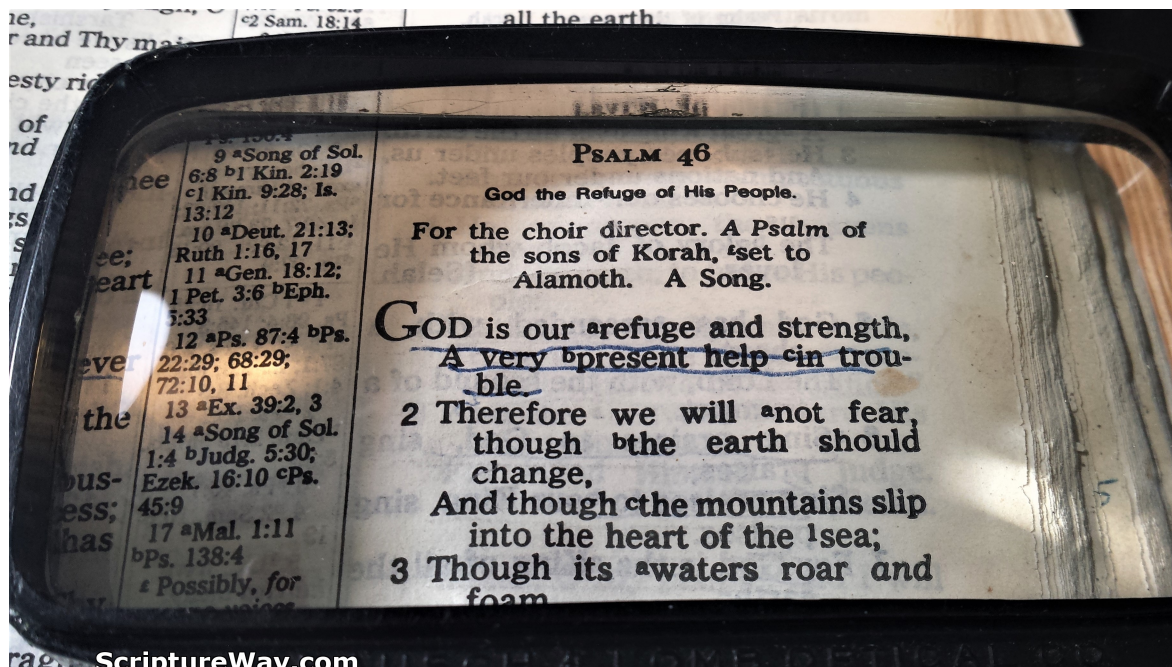


“God Our Refuge, Strength, and Help (Psalm 46:1)”

19 April 2020

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ScriptureWay.com

God is Our Refuge, Strength, and Help - Psalm 46:1 - Photo by Whitney V. Myers

"God is our refuge and strength, A very present help in trouble." (Psalm 46:1)

This lesson explains God's promise to be the refuge, strength, and help of his people ([Psalm 46:1](#)).

Consider. Do you need God's help and strength for what you are facing today? How can you better experience God's protection as your refuge?

God is Our Refuge. The Bible tells us that God is our place of safety and protection from danger and distress. A refuge is a place where we go, and while we are inside, we are protected because our refuge *surrounds* us as our defense. David writes, "For You have been a refuge for me, A tower of strength against the enemy" ([Psalm 61:3](#)). Solomon writes, "The name of

the Lord is a strong tower; The righteous runs into it and is safe" (Proverbs 18:10). David tells us from his own experience, "The angel of the Lord *encamps around* those who fear him, and delivers them" (Psalm 34:7, italics added).

The Bible provides several clear images for God as our refuge - a tower that we run into (Psalm 61:3, Proverbs 18:10), our shelter from the storm (Isaiah 25:4), our rock and fortress (Psalm 18:2), our shield (Psalm 28:7), and our hiding place (Psalm 32:7).

God is Our Strength. Note that Psalm 46:1 does not just say "God is strong" (which he is). This scripture verse says that God is our strength. We who are God's people can receive, experience, and apply God's strength to face our enemies such as worry, fear, discouragement, and opposition. God gives us the strength to accomplish the work he gives us to do in the face of these enemies.

The Apostle Paul knew that God was his strength. Paul wrote during his imprisonment, "I can do all things through Christ who strengthens me" (Philippians 4:13). God provides strength to the believer to accomplish what God gives the believer faith to do (1 John 5:4). As believers, we need God's strength when we encounter resistance and trials. God provides us that strength.

Hymn composer Will L. Thompson (1847-1909) writes, "Jesus is all the world to me, My life, my joy, my all; He is my strength from day to day, Without him I would fall" (Ref. 1). David writes, "The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him" (Psalm 28:7).

God is a Very Present (Proven) Help in Trouble. The word for *help* means *aid, assistance* (Ref. 2, Ref. 3). The word translated as *present* means *proven to be* (Ref. 4), that is, God is proven to be our help in trouble. The word *very* means *exceedingly*, emphasizing that this statement is true (Ref. 5, Ref. 6). Because God is proven to be our help in trouble, we have nothing to fear (Psalm 46:2).

David writes, "For you have been my help, and in the shadow of your wings

I will sing for joy" (Psalm 63:7). The writer of Hebrews states, "The Lord is my helper; I will not fear; what can man do to me?" (Hebrews 13:6).

Summary. Let's review the main principles in this lesson.

1. God is our "go to" place for refuge, safety, and protection from danger. God surrounds us as our defense.
2. God is our source of strength to face our enemies and to do the work he gives us to do.
3. God is proven to be our help in trouble, and we have nothing to fear, repeat, we have nothing to fear.

Apply. Take time now to pray. Thank God for being your refuge - your protection, your place of safety. Ask God to give you strength and faith to face your enemies and to do the work that God has given you to do. Thank God that because of him you have nothing to fear.

Listen to/Watch Video. "A Mighty Fortress" sung by HeartSong - Cedarville University, Cedarville, Ohio, USA.

References

1. https://hymnary.org/text/jesus_is_all_the_world_to_me_my_life_my
2. <https://biblehub.com/hebrew/5833.htm>
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