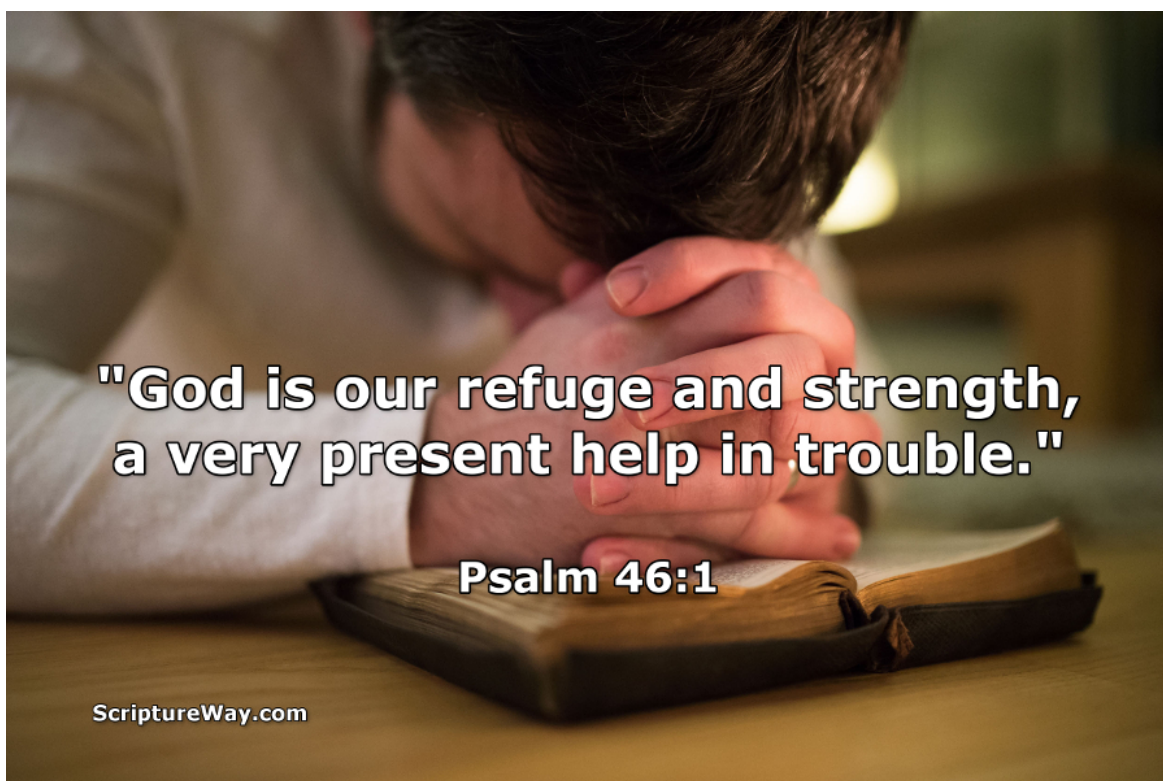


“Psalm 46:1 Meaning: Finding Strength and Refuge in Times of Trouble”

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God is Our Refuge and Strength - Psalm 46:1 - Man Praying with Bible - 123RF Photo - Used under license

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

Psalm 46:1 provides an enduring promise by revealing that God serves as our ultimate refuge and strength when life's storms hit. Leaning into this ever-present help allows believers to find divine protection and peace during difficult trials.

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This lesson on Psalm 46:1 teaches:

- 1) The meaning of "God is our refuge and strength"
- 2) God is a very present help in trouble
- 3) Practical application for daily life

Bible verse references below are taken from the New American Standard Bible (NASB) 1995 version unless noted otherwise (Ref. 1).

1. The Meaning of "God is Our Refuge and Strength"

a. God is our safe place to run for shelter

The writer calls God our "refuge." In ancient times, a refuge was a high, rocky fortress (Psalm 18:2). When an enemy approached, people ran to this fortress. Inside those thick, strong walls, an enemy could not touch them.

In Psalm 46:1, the Bible tells us that God is our refuge. God is a strong tower that we run into (Psalm 61:3, Proverbs 18:10). God is our shelter from the storm (Isaiah 25:4), and our place of safety and trust (Ref. 2). We run to God in prayer (Psalm 62:8). Inside his care, our souls find safety from the storms of life.

b. God's strength is our power for daily life

Psalm 46:1 does not just say "God is strong." This verse says that God is our strength. When our strength -- physical, emotional, spiritual, or moral -- runs out, God steps in. God gives us the power to face our enemies, worries, troubles, and temptations (Isaiah 41:10, 1 Corinthians 10:13).

God's power to strengthen us during our troubles never runs out. God's power never suffers a "power outage." God's power always has a sufficient supply (2 Corinthians 12:9).

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 NKJV). Likewise, as believers in Christ, we, too, can face

all the trials that Christ calls us to face with the strength that God provides us through his Son, Jesus.

2. God is a Very Present Help in Trouble

The second half of Psalm 46:1 offers deep comfort: "a very present help in trouble."

God is not far away. He is "very present." This means he is here right now, in the midst of your situation. He is present in the hospital room. He is present in the silent, lonely hours of the night (Psalm 42:8). He is present with you whenever and wherever you pray (Matthew 6:6).

Jesus himself said we would have trouble (John 16:33 NIV). But the promise in Psalm 46:1 is not the absence of trouble; it is the presence of help. God does not wait until the trouble is over to show up. He enters the fire with us, just as Jesus was with Shadrach, Meshach, and Abed-nego in the fiery furnace (Daniel 3:24-25). God's help arrives right on time, exactly when we need it most.

3. Practical Application for Daily Life

When trouble arises, do not panic. Instead, turn to God immediately and thank him for being your refuge and strength. Thank him for his "very present help." Thank God that he will provide his solution for your problem.

On a regular, ongoing basis -- not just when you are experiencing trouble -- read and memorize God's promises in the Bible (including Psalm 46:1). The book of Psalms is especially good for this purpose and is full of God's promises. For example: "Cast your burden upon the Lord and He will sustain you; He will never allow the righteous to be shaken" (Psalm 55:22). When you have God's promises memorized (such as Psalm 46:1 and Psalm 55:22), you can recall them instantly to assure yourself and give you peace when worries and troubles arise (Philippians 4:6-7 TLB).

Prayer. Thank you, God, that you are our refuge, our secure "go to" place when troubles come and storms arise. Thank you, God, for strengthening us when we are weak so we can face and endure our trials with confidence. Thank you, God, for being our "very present" help and giving us your peace. In Jesus name we pray, Amen.

References

1. <https://www.biblegateway.com/versions/New-American-Standard-Bible-NASB1995/>
2. <https://biblehub.com/hebrew/4268.htm>