

Intro: What do you do when your world is falling apart all around you? Where do you turn for help...How do you stand?

What do you do when everything you do turns out wrong...and you don't know the right action to take?

>Financial >Health >Physical Danger
>Relationship >Job >Family >Relationships

We all face those times sooner or later in our lives...and it sometimes seems that one or more of them come holding hands!
What do you do...Where do you turn...When EVERYTHING you have depended on seems to be shifting beneath your feet?

That is what is taking place in Psalm 46. We are not exactly sure who wrote it...or when...but it is very clear that it was written in response to God's redeeming, delivering work in the life of the author and the people of Israel.

There are a number of different potential authors...but the one that seems to fit what we know best is that this may well have been written by prophet Isaiah, or his contemporary King Hezekiah, in response to God's amazing deliverance of Jerusalem. The story is that in 2Kings 19-20 the city of Jerusalem is under siege by Assyrian King Sennacherib, with a vast army. 2 Kings tells us that during the night an angel of the Lord went through the Assyrian army camp and killed 185k soldiers...So that when they woke the next morning...there were the bodies of dead soldiers everywhere. Sennacherib left...never to return!

This Psalm is thought to have been written to commemorate God's amazing deliverance of His people. It is famous in church history as the favorite of Martin Luther...leader of Protestant Reformation...and inspiration of hymn "A Mighty Fortress"

Stand Read Psalm 46 with me this morning

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1. First, Look With Me At The Promise of God!

Vs 1-2

- **Tempted** when I wrote the outline to rearrange the verses...start w/ problem: NO...Start with PROBLEM SOLVER!
- **God:** That is where we start! Get our eyes on HIM...because we often go about life backwards
"The issue is not the size of our problem...but instead the size of our God!" JB Phillips: "Your God is Too Small"
God: Lit = Elohim: The supreme God: The Creator and Judge of the Universe: Used in Gen 1
Spoke everything we see into existence Genesis 1: Listen as I read
- **Refuge:** External: *A place to run and hide...A strong fortress, A high place! A place of shelter and protection*
- **Strength:** Internal: *A source of might and power...An internal resource to draw upon beyond yourself*
God is BOTH: A PLACE to run to when we need help...and the PERSON we can draw help and strength in need
- **Ever Present:** Lit = *Always right at hand!* Always close when we need Him. We don't have to go FIND HIM!
Some would translate this with the emphasis upon the always there...rather than the close proximity
More the idea of the proven, reliable resource that has always been present...and still is today!

Once you have THAT settled...It really doesn't matter WHAT the problem is...right?

That's why I think God in his infinite wisdom began the Psalm the way He did.

WE would start with the PROBLEM: God Starts with the PROBLEM SOLVER!

You see...If we can wrap our mind and our heart and our Spirit around the God we serve...

The Eternal, Creator and Judge of all the universe...The One Who SPOKE...and it came into being...

Everything else fades away into insignificance!

2. NOW, We Can Look At The Problem!

Vs 2-3

- **Trouble:** Lit = *adversity, affliction, anguish, distress, trials, difficulties* (General word for trials of life!)
- **Fear:** Lit = *to be frightened, afraid, to dread something.*

Illus: I call it the "What If" Monster: Lives under your bed...you know that right? Crawls out about 2-5am

Here the Psalmist uses the most secure thing we can think of in the world...The land and mountains and oceans

And he says when those things...which we always count on...when they begin to MOVE...and SHAKE...and FALL

Our heart begins to beat within us

Because that's what it feels like sometimes

When our live begins to fall apart..it is as if...

>Earth Gives way >Mountains fall into sea

>Ocean roar and foam >Mountains shake!

But...Right in the midst of everything we know, and everything we depend on falling apart....

God is at work...just not always in the way we expect!

3. Look At God's Provision!

Vs 4-6

- **There is a river:** Not like the OTHER rivers! Tigris, Euphrates, Nile Huge expanses of water
Almost every other large nation in the world was situated on a mighty river...But NOT Jerusalem!
Gihon Spring...Quiet, gentle...always flowing: Springing up from solid rock...Captured/Directed during Siege
Illus: Hezekiah's Tunnel: 1522 Meters long...Still flowing today...I walked in some of it!
Flowing for the Better part of 3000 years: Still there is water flowing there today
Streams: Conduits carved in the rock...To irrigate, to provide water throughout the city..Make people Glad!
- **God provides help at "break of day"** When light begins to dawn: Just as He did with the siege! 185,000 found

You see, God provides in ways we do not expect! We think...We need a might river...Like the other nations Tigris, Euphrates, Nile of Egypt...

But no...it is the still, quiet, ever flowing spring flowing from Solid Rock that provides what the City Needed

Applic: God is making a point! His Help in Our lives is much like His Help to the City of Jerusalem

We want the big, huge, unmistakable movement of God...Sometimes does that..More often than not...Still, Quiet He does some of His best work in the stillness of the night... UNSEEN: and when we wake...we see the results!

4. That is True Because We Have The All Powerful One On Our Side!

Vs 7

The Psalmist uses two different names for God...each one tells us something we need to be reminded of!

- The Lord Almighty: The Lord of Hosts: The Lord of Innumerable Armies of Heavenly Hosts!
2Kings 6:15-17 *"Those that are with us are more than those that are with them!"*
- The God of Jacob: The Personal God that:
 - > Rescued Jacob: Often from his own mistakes (lied, cheated, stole, defrauded)
 - > Provided for Jacob: Protection, Place, Wife, opened way home
 - > Went before Jacob: "Waiting for him Gen 28"
 - > Wrestled with Jacob: Gen 32

Jacob had the power and presence of God on HIS Side....And we have that as well!

Illus: When All you have is a stone for a pillow, and you are terrified about what will come next...

God is there..The God of Jacob. The God that loves, provides, wrestles, goes before

The All powerful God of the Hosts of the Lord...He is there

The one who speaks...and the Earth melts...and the Sun Shines...and the mountains bow down.

The One who can look at the raging Sea and Say *"Peace...Be Still"* and the very oceans of the earth will lie down

THAT is the one that is on your side!

5. We Find Him In A Very Unexpected Way.

Vs 10

We find Him...when we stop striving, and stop struggling, and stop fretting and fussing and trying.

And simply **REST** in Him.

We find Him...When we are Still!

Be Still: Lit = *to stop, to be still, to cease, to sit quietly: To no longer struggle and fret and work and strive*

Be still and know He is God...and you are not!

We have to come to the place where we STOP: And we simply Rest in Him

Psm 131:2 *"But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me."*

We find that so difficult!

But all the men and women of God that have gone before us have found the strength of God when they needed it.

- Jacob found him when he could no longer wrestle
- Joshua found Him in the tent of meeting...when everyone else returned to the Camp: He stayed
- Mary in the mountains with a relative, Ruth in the fields gleaning to survive
- Gideon found Him in a winepress...hiding
- Jesus found Him in the desert..and on a lonely mountainside...and in a Garden late at night

Applic: Be still...Take your Flyer...I want to unpack for you the Spiritual Discipline of Silence

CONCL: You can find Him to, when you seek him with all your heart.

When was the last time you sat quietly before God and LISTENED to what He had to say?

I want to challenge you to do that this week...

The next time trouble comes...when Fear knocks on your door

When the "What If" Monster crawls out from under your bed: Remember

God is YOUR refuge and strength, an ever present help in times of trouble. Therefore YOU will not fear....

- Bow your head
- Close your eyes...
- He is just a thought...and a prayer...and an open heart away
- Close your eyes...Open your heart...Still your soul...Invite Him into your Spirit

Be STILL before Him...and KNOW He is God

The Lord of Hosts

The God of Jacob

Elohim: The All Powerful Creator and Judge...Is ON YOUR SIDE!