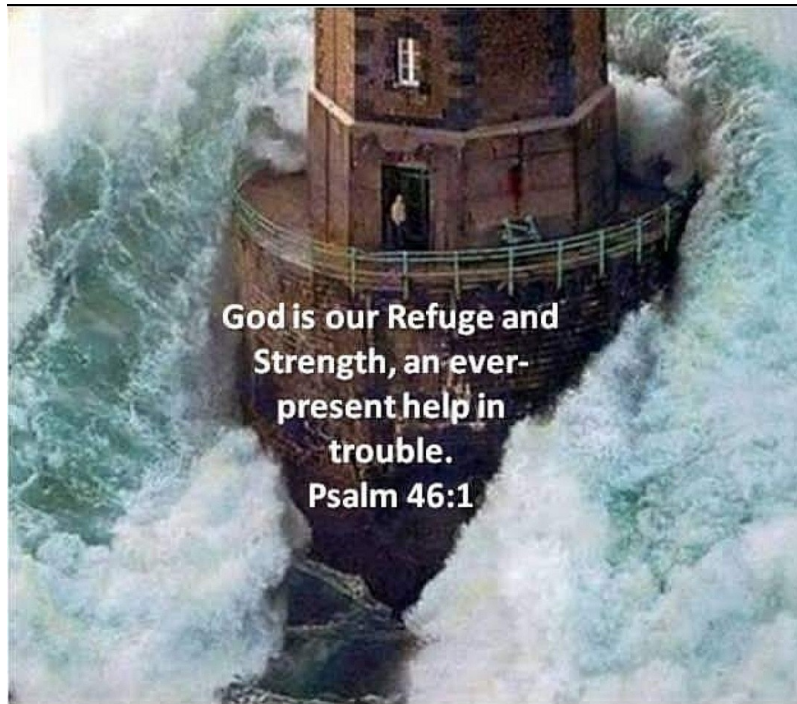


## A rock-solid psalm: Psalm 46.1-7

Many thanks to Kate for today's TFTD!



### **Psalm 46:1-7**

*God is our refuge and strength, a very present help in trouble.  
Therefore we will not fear, though the earth should change,  
though the mountains shake in the heart of the sea;  
though its waters roar and foam,  
though the mountains tremble with its tumult.  
There is a river whose streams make glad the city of God,  
the holy habitation of the Most High.  
God is in the midst of the city; it shall not be moved;  
God will help it when the morning dawns.  
The nations are in an uproar, the kingdoms totter;  
he utters his voice, the earth melts.  
The Lord of hosts is with us; the God of Jacob is our refuge.*

I love the reminder in God's word about how we aren't to be anxious about anything, that God is our refuge and strength. However to live that verse in reality, can be a real challenge, especially when we're faced with difficulties such as illnesses, anxieties,

stress, depression, loneliness and other major issues of life. These challenges can cause havoc on our mind and soul.

In situations when our back is up against the wall, and the road ahead of us seem to have no end, it can take its toll on us. In such cases, this is when we are encouraged to seek God's word and trust him wholeheartedly because '*God is our refuge and strength*' says the Psalmist.

When I hear the word refuge, immediately I think of safety. However, it is much more than that. Having God as our refuge is powerful in many ways, since, as followers of Jesus Christ, it is blessing to know that our hope doesn't depend on this world, especially when trials of life, sufferings and tribulations ambush us. But here we are reminded and comforted that we have a God who longs to hear from his Children. And that God wants us to bear our hearts before him and lay our requests at his feet, and above all else trust him knowing completely that God is our refuge and strength.

Notice, when we take refuge in something physical, we are trusting it will take care of and make us feel safe and secure. But when we take refuge in God, we are offering that trust to him instead. He is our ever-present help in trouble and he is bigger than any troubles we may face in this life. But it also important to note that there are situations in this life that will not always be rosy and may cause us great physical harm or even death. But in spite of all that God will always bring us through it all and to himself.

In the light of the above, this is a rock-solid psalm, which also reminds us of the spiritual: *I'm on my way to heaven, I shall not be moved*. Just as those who sang the old song sang it with hope in the face of the cruel and inhumane oppression of slavery, so this psalmist is not afraid *though the earth give way*. Wouldn't it be wonderful if we could be that assured all the time! Yet even in the psalms, we sometimes find a more wobbly attitude towards God. So in Psalm 107 sailors at sea praise God for his wonders but then become terrified in the storm: *in their peril their courage melted away*.

The challenge that the psalm presents us with is the challenge of spiritual resilience, especially when it feels a little like the end of the world as we know it (*though... the mountains fall into the heart of the sea*) and in the midst of political and economic turmoil (*Nations are in uproar, kingdoms fall*). It is a psalm for our times, putting all our trust in God is the need for our times.

So it may be that your prayer today takes a slightly different form, asking God to give you the gift of faith that holds steady when everything else is falling apart. Pray for

those who we yearn to know Christ for themselves. Pray too that you will dare to believe in a way that gives doubters, questioners and seekers confidence to search for your God who is your *ever-present help in trouble*.

*Come, Holy Spirit, and give me the gift of rock-solid faith; May... see my faith in you and be inspired to search for you and find faith in you. Amen.*

God bless, Kate