

## Psalm 46

*For the director of music. Of the Sons of Korah. According to alamoth. A song.*

- <sup>1</sup> God is our refuge and strength,  
an ever-present help in trouble.
- <sup>2</sup> Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,
- <sup>3</sup> though its waters roar and foam  
and the mountains quake with their surging.<sup>c</sup>
- <sup>4</sup> There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.
- <sup>5</sup> God is within her, she will not fall;  
God will help her at break of day.
- <sup>6</sup> Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.
- <sup>7</sup> The Lord Almighty is with us;  
the God of Jacob is our fortress.
- <sup>8</sup> Come and see what the Lord has done,  
the desolations he has brought on the earth.
- <sup>9</sup> He makes wars cease  
to the ends of the earth.  
He breaks the bow and shatters the spear;  
he burns the shields<sup>d</sup> with fire.
- <sup>10</sup> He says, 'Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.'
- <sup>11</sup> The Lord Almighty is with us;  
the God of Jacob is our fortress.

<sup>c</sup> The Hebrew has *Selah* (a word of uncertain meaning) here and at the end of verses [7](#) and [11](#).

<sup>d</sup> Or *chariots*

**Outline of Psalm 46** (Adapted from Ross, A.P., A Commentary on the Psalms 1-89, 2011-2013, Kregel)

1. The people of God are confident that because God is their refuge and help in time of trouble they need not fear even when faced with great calamity (1–3).
  - A. They affirm that God is their refuge, strength and help in times of trouble (1).
  - B. They declare that they will not fear even though faced with great destruction (2–3).
2. The people of God are confident that because God is with them, protecting them and providing for them, they need not fear invading armies (4–7).
  - A. The city will not be shaken because God's helping presence is with them (5).
  - B. God destroys the enemies that rage against them (6).
  - C. Refrain: The LORD is with his people as their protection (7).
3. The people are invited to observe the judgment that falls on the wicked and to acknowledge the sovereignty of God, for God is with his people, protecting them (8–11).
  - A. The people are invited to observe the mighty works of God who brings war to an end by judging the world (8–9).
  - B. The people are called to trust in God who declares that he will be exalted among the nations
  - C. Refrain: The LORD is with his people as their protection (11).

## Psalm 46

title For the *music* director. Of the sons of Korah. According to Alamoth. A song.

A — God is a refuge

<sup>1</sup> God *is* our refuge and strength, a very sufficient help in troubles.

B — No fear

<sup>2</sup> Therefore we will not fear though *the* earth change, and though the mountains totter into *the* midst of *the* sea,

C — God rules over natural calamities

<sup>3</sup> though its waters roar *and* foam, though mountains shake with its surging *water*. *Selah*

<sup>4</sup> *There is* a river whose streams gladden the city of God, the holiest of the dwellings of the Most High.

D — God is present

<sup>5</sup> God *is* in the midst of her; she will not be made to totter. God will help her at daybreak.

E — Nations rage

<sup>6</sup> Nations roar, kingdoms shake;

E — God speaks

he utters his voice, *the* earth melts.

D — God is present

<sup>7</sup> Yahweh of hosts *is* with us; the God of Jacob *is* our *high* stronghold. *Selah*

C — God rules over political calamities

<sup>8</sup> Come, see the works of Yahweh, who has placed desolations on the earth.

<sup>9</sup> *He* makes wars cease to the ends of the earth; he breaks *the* bow and cuts off *the* spear.

*The wagons of war* he burns with fire.

B — Be still

<sup>10</sup> “Be still, and know that I *am* God. I will be exalted among the nations; I will be exalted in the earth.”

A — God is a refuge

<sup>11</sup> Yahweh of Hosts *is* with us; the God of Jacob *is* our *high* stronghold. *Selah*