

# **OUR MIGHTY FORTRESS**

## ***(Psalm 46)***

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### **Divine Help in Troubling Times**

The Psalmist's need (Israel's need) *(2 Ki. 18-19)*

The Lord's offer (:1)

Help

A safe place to run to; "refuge"

The strength to face the trouble *(29:11; Isa. 40:31)*

His assuring presence *(Heb. 13:5-6)*

### **Two Types of Troubles**

Circumstances beyond your control (:2-3)

A safe place to run to

Added strength to help you face the trouble *(Phil. 4:13)*

Being under attack from people (:4-7)

A "river" of joyful satisfaction (:4; 1:3; 23:2; Jer. 2:13; Jn. 4:14; 7:38-39)

A stability in His presence (:5a)

Help at just the right moment (:5b; 2 Ki. 19:32-35)

His vocal vindication (:6)

A "stronghold" of safety (:7)

### **Finding Refuge in God**

Meditate on the actions and power of God (:8-9)

Stop striving (be still) (:10-11)