

# PSALM 46

## STRATEGIES FOR MAKING GOD OUR REFUGE

### A Translation of the Hebrew Text

<sup>1</sup>For the choir director; of the sons of Korah; to Alamoah; a song.

<sup>2</sup>God is our refuge and strength,  
An abundantly available help in distress.

<sup>3</sup>On thus, we will not fear  
When the earth causes change and  
When the mountains shake into the heart of the  
seas.

<sup>4</sup>Its waters will roar,  
They will foam,  
Mountains will quake with its roaring.

Selah.

<sup>5</sup>A river.  
Its channels will gladden the city of God,  
The holiest of the dwellings of the Most High.<sup>1</sup>

<sup>6</sup>God is in her midst,  
She will not be shaken.  
God will help her,  
Resulting in morning dawning.

<sup>7</sup>Nations roar,  
Kingdoms shake.  
When He raises His voice,  
The earth will waver.

<sup>8</sup>Yahweh of hosts is with us,  
Our refuge<sup>2</sup> is the God of Jacob.

Selah.

<sup>9</sup>Come *and* behold the deeds of Yahweh,  
Who appoints desolations<sup>3</sup> in the earth,

<sup>10</sup>Who makes wars cease to the end of the earth.  
He will smash the bow into fragments and cut  
up the spear,  
He will burn the chariots with fire.

<sup>11</sup>Be still and know that I am God!  
I will be exalted among the nations!  
I will be exalted in the earth!

<sup>12</sup>Yahweh of hosts is with us,  
Our refuge is the God of Jacob.

Selah.

---

### Review

*With three movements, this song compels us to  
make God our refuge.*

**Movement 1: An anticipation of cataclysm (v. 2-4)**

**Movement 2: An exultation from stability (v. 5-8)**

**Movement 3: An invitation into shalom (v. 9-12)**

---

<sup>1</sup> The translation of this third line of verse 5 (verse 4 in the English text) is taken from the Lexham English Bible.

<sup>2</sup> In verses 7 and 12 (Eng. 6 and 11), "refuge" (מִשְׁגֹּב) differs from the previous word used in verse 2 (מִתְחַסֶּה) and "implies inaccessible height: hence NEB 'our high stronghold.'" See Derek Kidner, *Psalms 1-72: An Introduction and Commentary* (Downers Grove, IL: InterVarsity Press, 1973), 193.

<sup>3</sup> I.e., "events causing astonishment"

## Outline<sup>4</sup>

*Six strategies for making God our refuge:*

1. Study God's attributes (v. 1a)
2. Contemplate the greatness of God's attributes (v. 1b)
3. Resolve to fear nothing except God alone (v. 2a)
4. Get clear on eschatology (v. 1-11)
5. Receive instruction from biblical narrative (v. 7, 11)
6. Make time for meditation (v. 11)

---

<sup>4</sup>Verse numbers correspond with the English text.