

WORSHIP

SUGGESTED WORSHIP SONGS:

In Control, Still, Whom Shall I Fear

WELCOME

Was there a time when you felt that you or your family were in danger? Who or what helped you overcome the dangerous situation?

WORD

PSALM 46

God is our refuge and strength, A very present help in trouble.² Therefore we will not fear, though the earth should change And though the mountains slip into the heart of the sea;³ Though its waters roar and foam, Though the mountains quake at its swelling pride. Selah.⁴ There is a river whose streams make glad the city of God, The holy dwelling places of the Most High.⁵ God is in the midst of her, she will not be moved; God will help her when morning dawns.⁶ The nations made an uproar, the kingdoms tottered; He raised His voice, the earth melted.⁷ The Lord of hosts is with us; The God of Jacob is our stronghold. Selah.⁸ Come, behold the works of the Lord, Who has wrought desolations in the earth.⁹ He makes wars to cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariots with fire.¹⁰ "Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth."¹¹ The Lord of hosts is with us; The God of Jacob is our stronghold. Selah.

In the midst of uncertainties, sickness, or even death, how should believers in Christ respond? Do we respond in fear and anxiety? To continue our Songs in the Night series, we will take a look at Psalm 46 to know what it means when the Lord tells us to "be still and know that I am God" in troubled times.

Our lesson today is **Psalm 46:10**, where "**cease striving**" can be translated as "be still", "be calm", "stop fighting", "stop fretting", "surrender", and "relax", among other translations. It comes from the Hebrew word **RAPHAH** and it is only possible when you know GOD. That's why **A.W. Tozer** said, "**What comes into our minds when we think about God is the most important thing about us.**" When you don't think of God properly, it will affect your emotions and behavior. The knowledge of who God is – His power and might – is foundational in our Christian life. If we don't know Him, how can we be still? How can we trust Him and stop fighting and struggling? We must remember who GOD is:

1. GOD IS OUR REFUGE

"**God is our refuge and strength**" is how this psalm begins. It says that the LORD is "**a very present help in trouble**", in times of catastrophic or cataclysmic events. Notice the conclusion: in **v2**, it says "**Therefore we will not fear...**".

For many people, their god is very small. They think Satan can change God's plan, or the government can thwart God's plan. But God is greater than any other power. If you truly know Him, you know that He is in control and you can be still. The word REFUGE comes from the word describing a fortress or a stronghold. To seek refuge is to seek protection in the presence of danger. You can only feel safe if you know the one you run to is ABLE to protect you and care for you – and GOD IS ABLE!

The writer uses metaphors (**vv.4-5**), and scholars tell us Jerusalem is supposed to be the city of God, but there is no river in Jerusalem. The writer is describing a situation whereby real security comes from God. **Revelation 22:1 and 3** and **Ezekiel 47:1-12**, talk about the end times, and how a life-giving river will come from the LORD. You see, security has to do with God's presence – what makes that city a great place of refuge is God, not the walls! Nothing in this world can give us security. Real security is found in the Person of God!

2. GOD IS OUR RESCUER

It is such a great comfort for a child of God to know that He is a "**very present help in trouble**". Notice, that followers of Jesus are not exempted from problems and calamities. The assurance though is that He is a very present help, which means that HE IS WITH US. The reason why we will not fear is because this GREAT GOD is with us.

Psalm 46:6-7 tells us that there are times the enemies will try to intimidate us, and we can be easily afraid. But the very voice of GOD has tremendous power – our Rescuer is with us; He is the LORD of Hosts! Our Rescuer is the Commander in Chief of the heavenly army, the King of kings, and that is why He can rescue us. We see this in **2 Kings 6:15-16**, when the King of Aram (Syria) decided to capture Elisha and mobilized a great army. Elisha was surrounded, but as his attendant was shaken by fear, Elisha says "**Do not fear**", and the reason for this was that "**those who are with us are more than those who are with them**". The attendant was puzzled by this, considering there were only two of them. In **vv.17**, Elisha prayed for this man's eyes to be opened, and he saw the entire army of the Lord with

WORD (cont'd)

chariots of fire all around Elisha! Many times, we need our eyes of faith to be opened to see the power of God around us!

Psalm 46:8-9 recalls how God was able to work through so many things in the past. The command here is to BEHOLD – to see what God has done. To see Him as our RESCUER, we need to remember what He has done. **Isaiah 37:33-36** reminds us of how the Southern kingdom under king Hezekiah turned to God to be their rescuer. It was God Himself who promised that they can be still because He will defend the city for His own sake. One angel from the LORD struck down 185,000 of the enemies! As you reflect on this, remember the many times God has saved you from troubles, and hold fast to God's faithful promises for the future!

3. GOD IS OUR REST

Only in the LORD can you find peace and rest. In **v.10**, the command is **CEASE STRIVING**, as well as **KNOW**. They are connected by a causative verb in the Hebrew language. You cannot be still unless you know the Lord, and the more you know Him deeper, the better you can be at being still and in peace.

Isaiah 45:6-7 tells us why: God makes it very clear that there is only one God, the LORD (YAHWEH). How does He describe Himself? He assumes responsibility for both calamities and well-being. He can do both, and God wants you to know that there is

no accident – nothing is a surprise for God. It is important that we know who GOD is. Some even think the enemy is stronger than God. There is no other God – when God wants something done, it gets done.

Daniel 4:35 reminds us of God's Sovereignty; He does all according to His will. Many times, we question God when we have problems. When we experience bad things, our usual tendency is to run away from God, rather than towards Him. **Hebrews 12:6, 10** is clear in telling us He can also discipline us painfully out of His love for us. PAIN is the megaphone of God. In the midst of problems, are you listening more to God? He is not only the **Lord of hosts**, but also the **God of Jacob (v11)**. Why did the Bible use this phrase, and twice in this psalm? It is a reminder for us because as God was the God of an opportunist and schemer (Jacob), He also doesn't give up on us. He will pursue us – such is our comfort. He is the God of comfort and grace to start over (**Gen. 32:26-28**). God can also correct us when we commit mistakes (**1 Corinthians 11:27-30**). That is why we can be still – God can change us, and His purpose will be accomplished, no matter what is happening around us.

If we like to experience restedness in God, heed the invitation of Jesus in **Matthew 11:28-30**. In Him, we can truly be still as we acknowledge His Lordship. Let us let God be God in our lives and surrender to His will and purpose for us!

DISCUSSION QUESTIONS:

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

- 1. Self-Check..** When you encounter problems, what do you usually do?
- 2. Setting It Right.** Have you ever doubted God's ability to rescue you from your troubles? How has He proven His power and grace to you? Share this with each other.
- 3. Living It Out.** What promises do you commit to trust and hold on to based on Psalm 46?

WORKS

PRAY CARE SHARE IN ACTION

Pray for people around you who may be filled with fear and anxiety because of health and economic hardships at this time. Show care by connecting with at least 3 of them this week and pray WITH them online or on the phone. Share Psalm 46 with them to show that Jesus can be their very present help in trouble if they know Him and run to Him for refuge.

WEEKLY PRAYER POINTS

I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

- Godly wisdom and compassion to guide our leaders
- Repentance and Salvation

III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends