

DAY NINE

Psalm 46



Preparing Your Heart

Ask God to quiet your heart and to speak to you through His Word. Ask Him to shine the light of His truth into your life. In this quiet moment, surrender yourself to Him and commit to obey whatever He shows you. Begin your time of devotion with this prayer:

*Open my eyes that I may see
wonderful things in your law.
Give me understanding, and I will keep your law
and obey it with all my heart.
Show me your ways, O Lord,
teach me your paths;
guide me in your truth and teach me,
for you are God my Savior,
and my hope is in you all day long.
Teach me what I cannot see;
if I have done wrong, I will not do so again.*

PSALM 119:18, 34; 25:4-5; JOB 34:32 NIV



Listening to God

- ☞ Read Psalm 46 thoughtfully and prayerfully.
- ☞ What key words stand out to you in this passage?

- ☞ Write out a key verse from this passage.

- ☞ Summarize the entire passage in a sentence or two.

WHAT DOES THIS PASSAGE SAY?

(Observation)

1. The psalmist describes a number of devastating circumstances. What are they (vv. 2–3, 6, 9)?

2. Where does the psalmist turn in the midst of trouble? What does he find in the Lord (v. 1)?

3. Write out the psalmist's refrain (vv. 7, 11).

4. How do the waters of verses 2–3 compare with the waters of verse 4? How is God like a “river” in the midst of His people?

Did You Know?

Psalm 46 is the text that inspired Martin Luther's great hymn, "A Mighty Fortress Is Our God."

WHAT DOES THIS PASSAGE MEAN?

(Interpretation)

1. “The LORD of hosts is with us; the God of Jacob is our refuge” (v. 7). What difference should that make when everything around us seems to be shaken or in conflict?

2. What kinds of situations in our lives could be compared to earthquakes, floods, and wars?

3. When everything around you seems to be “falling apart,” how can you find peace and stability? How can your heart be at rest in the midst of troubled circumstances?

"The enemies of the church may toss her as waves, but they shall not split her as rocks. She may be dipped in water as a feather, but shall not sink therein as lead. He that is a well of water within her to keep her from fainting, will also prove a wall of fire about her to preserve her from falling. Tried she may be, but destroyed she cannot be. Her foundation is the Rock of Ages, and her defense the everlasting Arms."¹

WILLIAM SECKER

4. Since God is with us in the midst of calamity, how should we respond differently than those who don't know God?

HOW CAN I MAKE THIS PASSAGE A PART OF MY LIFE?

(Application)

1. What disastrous, unsettling circumstances have you faced in your life? How has God been a refuge and a help to you?

2. What circumstances are you currently facing that are beyond your ability to manage or control?

3. How can you deliberately take refuge in God when your situation is in turmoil?

FOR FURTHER MEDITATION

Philippians 4:4–7



Responding to God

PRAISE

Read through this psalm and personalize your praise for each description of who God is and each promise He makes (e.g., “God, I praise You for being my refuge—a shelter from danger. You are my strength when I am weak. . . .”).

PRAYER

- ☞ *Confession:* Confess your unbelief and fear to God. Seek His forgiveness for not trusting Him to help you.
- ☞ *Supplication:* Humbly ask your Father, “I do believe; help me overcome my unbelief!” (Mark 9:24b, NIV). Lift your eyes up above your circumstances and ask for His help.
- ☞ *Intercession:* Use this passage as a basis to pray for someone whom God places on your heart.

SING TO THE LORD

A Mighty Fortress Is Our God

A mighty fortress is our God,
a bulwark never failing;
Our helper He amid the flood
of mortal ills prevailing.
For still our ancient foe
doth seek to work us woe—
His craft and pow'r are great,
And armed with cruel hate,
on earth is not his equal.

Did we in our own strength confide,
our striving would be losing;
Were not the right Man on our side,
the Man of God's own choosing.
Dost ask who that may be?
Christ Jesus, it is He;
Lord Sabaoth His name,
From age to age the same,
and He must win the battle.

And tho' this world with devils filled,
should threaten to undo us,
We will not fear for God has willed
His truth to triumph through us.
The prince of darkness grim,
we tremble not for him—
his rage we can endure,
for lo, his doom is sure;
one little word shall fell him.

That word above all earthly pow'rs,
no thanks to them, abideth;
The Spirit and the gifts are ours
thro' Him who with us sideth.
Let goods and kindred go,
this mortal life also—
the body they may kill;
God's truth abideth still:
His kingdom is forever.

MARTIN LUTHER



TAKE-AWAY THOUGHT

*W*hat key thought, phrase, or verse from this psalm
will you take with you into your day?

¹ Spurgeon, *Treasury of David*, 220.