

God Is Our Refuge And Strength

No. 76

Introduction.

- I. Years ago Martin Luther, the leader of the Reformation movement, used to sing the 46th psalm in times of trouble and despair. He wrote the hymn “A Mighty Fortress Is Our God.” based on this great psalm. I would like to invite your attention to the reading of the 46th psalm.

PSA 46:1 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. 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. 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.

- II. This great psalm, which I have just read in your hearing, has been a source of comfort and strength to millions of people the world over. I am confident a study of this inspirational psalm will also bless and enrich our lives.

I. **God Is Our Refuge** - The psalmist declares that God is our refuge.

A. The word “refuge” denotes a place of safety.

1. In reference to God it means we are safe with Him.
2. We can put our trust and confidence in God. He will never fail us.

B. In view of this fact, it is said that many have placed their trust in other things.

1. Some take refuge in **wealth**. (Lk. 12:16-20).

2. Others take refuge in **health**.

a. They say, “Look at me I am strong and healthy! I don’t need God’s help or anyone help. I can take care of myself”

b. Health often fails us. God does not!

3. Others take refuge in **military power**.

a. They say, “You pray but we will take guns. We will trust in the might of men” This is the communist philosophy of life.

- b. I am sad to say that many Americans have this same attitude. When we think like this, we will fail. We need God for without Him we will perish. The mightiest nations that have existed have crumbled without God. Let us put our trust in the Almighty God.

II. God Is Our Strength - The psalmist declares that God is our strength.

A. He will give us the strength to overcome temptation. (1 Cor. 10:13; Jas. 4:7,8).

1. Once I read of a man, who was converted to Christ, had committed almost every sin in the book. When his associates heard of his conversion, they made a vow that They would get him back into his old ways. They tried everything to entice him back into his old sinful habits, but this man stood firm. He said it was only through God's help that he was able to resist and remain faithful.
2. God will give us this same strength if we will depend on Him.

B. Let's consider some ways we can obtain this strength

1. One of the best ways to obtain this strength is through **the avenue of prayer.** (Matt. 6:13; Heb.4:16).

a. The story is told of a **factory in which this sign was on the wall** over each machine: "If your threads get tangled, send for the foreman." A new employee went to work and soon the threads got tangled. The more she sought to untangle them, the more badly they were tangled, and the more helpless she became. When the foreman came by, he asked why she did not call for help. She replied in self-defense, "I did my best." He answered with a smile, "Remember, doing your best in sending for me."

b. Brethren, doing our best is asking God's help to live the Christian life.

2. Another way to obtain strength is through **fellowship with other Christians.** (1 Cor. 15:33).

a. The opposite of this verse would be, "Good companions make good morals."

b. We need more fellowship with one another. This fellowship fortifies us to meet the world. The early Christians felt a great need for fellowship. (Acts 2:46).

3. Another way to obtain this strength is **through the word of God.** The word of God has strength we have not even begun to tap.

a. Jesus used it overcome temptation. (Matt. 4:4, 7, 10).

b. I am reminded of these words. (Psa. 1 19:11, 44)

C. Not only does God give us strength to overcome temptation, He also gives us the strength to bear the great burdens of life.

1. The psalmist said. (Psa. 55:22).

2. Annie Johnson Flint has written these lines that are so true of God.

III. God Is Our Help - The psalmist also tells us that God is a source of help in time of trouble.

A. In troublesome times we need someone to rely on. God will help us if we will let Him.

1. **A motherless little girl was once asked:** “What do you do without a mother to whom to tell your troubles?” She replied, “My mother told me before she died to go to God. She said that He had always been her friend, and that if I would go to Him He would always be my friend.” The questioner said, “He is a great way off, and has so much to do. He cannot attend to you.” “I don’t know how much He has to do,” said the little girl, “but He said He would take care of me, and I believe He will.”

2. It would be so wonderful if we had the faith of this orphan girl in times of trouble.

B. David expressed this confidence in God when he said in the shepherd psalm. (Psa. 23).

C. Once I read these lines based on the 46 psalm.

He’s helping me now this moment,
Though I may not see it or hear,
Perhaps by a friend distant
Perhaps by a stranger near,
Perhaps by a spoken message,
Perhaps by the printed word;
In ways that I know and know not
I have the help of the Lord.

He’s keeping me now - this moment,
However I need it most
Perhaps by a single angel,
Perhaps by a mighty host,
Perhaps by the chain that frets me,
Or the walls that shut me in,
In ways that I know and know not,
He keeps me from harm and sin.

He’s guiding me now - this moment,
In pathways easy or hard,
Perhaps by a door wide open,
Perhaps by a door fast barred,
Perhaps by a joy withholden,
Perhaps by a gladness given;
In ways that I know and know not,
He’s leading me up to heaven.

He’s using me now - this moment,
And whether I go or stand,
Perhaps by a plan accomplished,
Perhaps when He stays my hand,
Perhaps by a word in season,
Perhaps by a silent prayer;
In ways that I know and know not,
His labor of love I share. **Annie Johnson Flint**

Conclusion.

I. It is indeed wonderful to have the everlasting God as our refuge and strength! Others may fail us, but not the

God of Jacob! God is a mighty fortress and will be our source of refuge, strength and help if we will surrender our lives to Him and take refuge under His everlasting arms.

II. Why not surrender your life to Him today? Come as we stand and sing!