

(v. 1). When it feels as if we're surrounded by chaos or everything we thought was stable crashes down around us, we don't have to fear (vv. 2-3). God doesn't falter (vv. 4-7). His power is evident and effective (vv. 8-9). Our eternal Sustainer gives us confidence in His unchanging character (v. 10). The Lord, our secure stronghold, remains with us forever (v. 11).

God created His followers to prayerfully support and encourage one another. But He also affirms He is always able and available. When we call on God, we can trust Him to keep His promises to provide for us. He will comfort us through His people as well as through His personal presence. —Xochitl Dixon

Lord, thank You for assuring us You're always accessible because You're always with us.

God is always able and available to help us.

[*INSIGHT*: Being a member of the kingdom of God brings a sense of personal security. In Psalm 46, God's sovereignty is eloquently compared to a mighty fortress against which the waters of chaos and death can do no harm (vv. 1-3). This brings a response of worship in a troubled world (vv. 4-9). What relief it is to follow the admonition "Be still, and know that I am God," for God "will be exalted among the nations, [He] will be exalted in the earth" (v. 11). God's power and presence give an inner stability to the believer that nothing else can. Our righteous God of grace is ready and available wherever and whenever we need help.

How does this passage bring a sense of calm to your situation?]



Central Mountains Baptist Church

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Able and Available

God is our refuge and strength, an ever-present help in trouble.—Psalm 46:1

My husband was at work when I received news about my mum's cancer diagnosis. I left him a message and reached out to friends and family.



None were available. Covering my face with trembling hands, I sobbed. "Help me, Lord." A resulting assurance that God was with me comforted me through those moments when I felt utterly alone.

I thanked the Lord when my husband came home and support from friends and family trickled in. Still, the calming awareness of God's presence I sensed in those first few hours of lonely grieving affirmed that God is readily and faithfully available wherever and whenever I need help.

In Psalm 46, the psalmist proclaims God is our sanctuary, strength, and steadfast supporter

Insights for Living Standfast in Peace 5



- #1. Standfast in harmony, v2-3
- #2. Standfast in joy, v4
- #3. Standfast in gentleness, v5
- #4. Standfast in peace, v6-7**
- #5. Standfast in thought, v8
- #6. Standfast in action, v9

(Philippians 4:6-7) "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; {7} and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

(Job 28:28) "... Behold, the fear of the Lord, that is wisdom, And to depart from evil is understanding."



Today we consider three liberating truths about God:

1. He is _____, Isaiah 6:1-8

(Proverbs 29:25) "The fear of man brings a snare, But whoever trusts in the LORD shall be safe."

(Matthew 10:28-31) "'And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.

{29} "Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will.

{30} "But the very hairs of your head are all numbered.

{31} "Do not fear therefore; you are of more value than many sparrows."

(Jeremiah 17:5-8) "Thus says the LORD: "Cursed is the man who trusts in man And makes flesh his strength, Whose heart departs from the LORD. {6} For he shall be like a shrub in the desert, And shall

not see when good comes, But shall inhabit the parched places in the wilderness, In a salt land which is not inhabited. {7} "Blessed is the man who trusts in the LORD, And whose hope is the LORD. {8} For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit."

**Almost Everyone Is
Controlled by Fear
Every Day Without
Even Knowing It**

2. He is our _____, Psalm 91:1-5, 9



(Psalms 46:1-2) "God is our refuge and strength, A very present help in trouble. {2} Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea;"

3. He never _____,

(Genesis 26:24) "And the LORD appeared to him the same night and said, "I am the God of your father Abraham; do not fear, for I am with you. I will bless you and multiply your descendants for My servant Abraham's sake.""

(Romans 12:18) "If it is possible, as much as depends on you, live peaceably with all men."

(Genesis 26:25) "So he built an altar there and called on the name of the LORD, and he pitched his tent there; and there Isaac's servants dug a well."

(Hebrews 13:5-6) "Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."

{6} So we may boldly say: "The LORD is my helper; I will not fear. What can man do to me?""



Peter Marshall