PSALM

46

XLVI

Refrain Praise

Sons of Korah · Book II

"For the Chief Musician. By the sons of Korah. According to Alamoth."

PICTURE WORD

Fortress

IN ONE SENTENCE

od is our refuge and strength, so we need not fear when the earth shakes, for the LORD is with us.

Remember it: Forty-six: when mountains shake, be still; our fortress is God.

MEMORY VERSE

"Be still, and know that I am God. I will be exalted among the nations. I will be exalted on the earth."

Psalm 46:10 · World English Bible

HEBREW WORD

הַרְפּוּ

"be still" · verse 10

In the Psalms: three times, in 3 psalms

הַרְפּוּ means "be still." The verb means to let go, relax, let your hands drop. It is not mainly about quiet devotions; it is a command to stop striving and fighting, because God himself will be exalted among the nations.

HOW THE PSALM MOVES

1–3	God is our refuge, so we won't fear when earth shakes.
4–7	God's river gladdens his city; the LORD is with us.
8–11	Come see his works; be still and know he is God.

MY NOTES

Listen. Hear Psalm 46 sung in the **Psalm Song** app, or free at **ispress.de/psalms/46**.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble · The LORD Reigns · Zion & the House of God

FILL IN THE BLANKS

God is our _____ and _____, so we need not fear when the earth _____, for the LORD is with us.

CHECK YOURSELF

1. What makes the city of God glad?

- (A) A river and its streams
- (B) A strong wall
- (C) A great army
- (D) A golden temple

2. When will God help the city?

- (A) At noon
- (B) At dawn
- (C) At sunset
- (D) At midnight

3. What does God burn in the fire?

- (A) The idols
- (B) The forests
- (C) The chariots
- (D) The fields

TALK IT OVER

1. What frightening events does the psalm describe, and how does the believer respond?

2. What does the repeated line in verses 7 and 11 teach about God?

3. Where in your life do you need to stop striving and be still?

IN YOUR OWN WORDS: WHAT DOES PSALM 46 TEACH?

- ☐ I listened to the song
- ☐ I can say what it teaches
- ☐ I can say verse 10 by heart
- ☐ I know the picture word

Answers Blanks: refuge · strength · shakes · Check yourself: 1. A (v. 4) · 2. B (v. 5) · 3. C (v. 9)