Weekly Devotions: GOD IS SOVEREIGN 16

The Lord is Our Refuge & Strength

Psalm 46 is said to be Martin Luther's favorite Psalm and he would meditate on it whenever he was discouraged and depressed during the dark period of the Reformation. Luther said; "We sing this Psalm to the praise of God, because God is with us and powerfully and miraculously preserves and defends His Church and His word against all fanatical spirits, against all the assaults of the world, the flesh and sin."

HC Leopold wrote; "Few psalms breathe the spirit of sturdy confidence in the Lord in the midst of very real dangers as strongly as does this one."

Read Psalm 46

The psalmist emphasized that God alone is our security, our refuge and strength. Nothing and no one in the universe can be a comparable refuge.

The psalm begins in praise of God for being a stronghold in which His people can find security in times of trouble. He is also our Source of inner strength by which we can boldly face and overcome all calamities. God shields us from dangers and when we are afflicted, He helps and strengthens us to rise above our struggles. When our world is shaken and everything that used to be dependable has given way, we can be sure of one thing; God is there to support us and we can lean on Him.

Twice in this short Psalm, the psalmist reminded the people: "The Lord of hosts is with us, the God of Jacob is our fortress" (vv. 7 & 11). The Almighty God we worship is faithful and He has the power to help us. If our confidence is in Him, we will not fall or be shaken.   (Adapted from James Boice's Expository Commentary on Psalms.)

Questions to ponder

1.   What gives you security and confidence in life? What / who do you look to for help when you face difficulty?

2.   What are believers to do & to remember when we are in trouble (vv. 10-11)?

3.   We often tell someone in crisis to have faith and to trust God but what can you say to build up his / her security in God? How would you assure him / her that God can be trusted even when the problem persists or gets worse?

Prepared by Rosalind Chen