

Fear Not, For I Am with You

Psalm 46

June 28, 2026

The saints are under attack, and they're under attack from within, from without, from all sides, they're threatened, and the vulnerability of the saints, the sheep of God, is a precious thing. But when we are weak, he is strong, right? And when we are like sheep and go astray, we are found by him, found by him. We are the target of the evil one, but it is God who is sovereign even over him, the evil one. And as Luther said, "The devil is God's devil." God is sovereign over all things, all beings.

Maybe you're exhausted right now, not just because of the day, but maybe life has you weary tonight, and your faculties are weakened, and you're vulnerable to attack, and your mind is even wandering at times, susceptible to doubts, fears, irrational thinking, erroneous beliefs, prone to various sins. We all have intensified times of these.

In trial, this is where we learn we are not in control, and the flesh doesn't really like that. The saints, God's people, are tested and tried, but it is through this that God rules, and reigns, and proves his faith to the world, seen and unseen. He proves his might, and though death might even be the outcome of a trial, it is never ultimate. And the ripple effect of the consequence of that trial, innumerable and unknown, and unknown even years and years later. God is working through all trials, but we believe God is working all things together for good, for those who are called according to his purpose.

And so, Psalm 46 tonight is going to help us with that. It's a song of safety in God, safety in God, our refuge. It's a song of assurance in the victory that God supplies, and our strength is his, and he will carry us to the end. And this is a great comfort for those who are in Christ.

Let's read Psalm 46. You'll notice at the end, just looking at the Psalm, you'll notice verses 3, 7, and 11, there's a musical indicator, a structural cue for pause, and this word is *selah*. And when reading aloud, many say it's not supposed to be spoken, but it's to suspend the music. It's to cause reflection, and rumination, musing, and meditating on what was just sung.

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When I was preparing for this this evening, there was a thunderstorm, and heavy rain, and lightning, and I just stopped and opened my window in the office, and pulled my chair up to the edge, and opened my Bible and read, and listened, and listened to the power of God. This is what you're supposed to do, is muse, and rest, and reflect, and think about the Lord. So that's how I'll read it. We'll read it without saying that word, but we'll just pause after each section.

So Psalm 46, "For the choir director. Of the sons of Korah. According to Alamoth. A Song. God is our refuge and strength, A very present help in trouble. Therefore we will not fear, though the earth should change And though the mountains shake into the heart of the sea; Though its waters roar and foam, Though the mountains quake at its lofty pride. There is a river whose streams make glad the city of God, The holy dwelling places of the Most High. God is in the midst of her, she will not be shaken; God will help her when morning dawns.

"The nations roar, the kingdoms shake; He gives His voice, the earth melts. Yahweh of hosts is with us; The God of Jacob is our stronghold. Come, behold the works of Yahweh, who has appointed desolations in the earth. He makes wars to cease to the end of the earth; He breaks the bow and cuts up the spear;

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He burns the chariots with fire. 'Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' Yahweh of hosts is with us; The God of Jacob is our stronghold."

There was a time when I was far from God, terrified, alone, in darkness, depressed, deceived, seeking my own comfort, and I would hear my wife and children singing a version of this psalm, and I can still picture them in the living room, and I was like on the outside. I didn't want any part of that. They would sing, "Lord of hosts, you're with us, with us in the fire, with us as a shelter, with us in the storm. You will lead us through the fiercest battle. Oh, where else would we go but with the Lord of hosts?"

And my wife sought a refuge in her time of need, and in ignorance and arrogance, I had no need of, or I thought I had no need of that refuge. Now, long story short, not long after this, our lives got turned upside down, and my heart got turned the right way up, and I stand before you today fairly well intact, but in that day, there was a war for my soul, and it was fierce, and it was followed by peace, because I found my father in heaven through the Lord Jesus Christ because of the work of the



Spirit, and yet it was not me who found him, but him who found me, right? Same for all of us in Christ.

Since that day, it has been a deep joy to sing wholeheartedly that song with her, my wife, my sister in Christ, Lord of hosts, you're with us. Oh, where else would we go but with the Lord of hosts? The irony was that the saved one in that relationship was the one who knew her need of a shelter in God to hide in the storm, and that's what we're going to see in the text tonight. Great help for those in great need.

No Christian is excluded from desperately needing the solution found in Psalm 46, because are we not at war? We are, moment by moment, and we are painfully aware of our inadequacy for the battle. We are weak, and we need help, and those who think they stand must take heed.

For the self-sufficient, they're on safe shaky ground, and while we have a formidable foe, and we are in a fight, and a fight for the narrow path to fight and live righteously, we are under attack. Whether we've clued into that fact or not, it's true, and we need to not be timid or fearful, for God is on our side, and he is for us and with us. He is a mighty refuge for saved sinners who love him.

Our battle is constant, but sometimes the pressure is turned up, and the heat gets hotter and hotter, and we can't see the way forward, and it seems like it will never end. We prepare for moments like these. We think about the truths well in advance, but now we're in a battle that's hot, and we can get rattled, and we can forget what we know, like clouds rolling in. There's just no way to stop it, and fears and anxiety start to mount, and this is where you can sing Psalm 46, and you might even find yourself, after this, dancing in the storm.

So set aside fear of circumstance, and embrace what we're going to see in this psalm, three confidences, so that you can face every trial, every tribulation, every trouble, and not only survive, but thrive and triumph. And you can say, as we have sung this evening and this morning, and it says in the psalm, we will not fear.

These three confidences are these. I'll say it long, and then I'll say it short. You can choose which one you like. Number one, be heartened by God's presence, verses 1 to 3. Number two, be sustained by God's provision, verses 4 to 7. And number three, be assured by God's power. And if you're on the light side of things, God's presence, God's provision, God's power.

Storms are coming, and here's how to weather them. Number one, be heartened by God's presence, verses 1 through 3. Let's read that again. "God is our refuge and strength, A very present help in trouble. Therefore, we will not fear, though the earth should change And though the mountains shake into the heart of the sea; Though its waters roar and foam, though the mountains quake at its lofty pride."

Verse 1 acts as a thesis statement, and then there is the logical, settled, confident response. We will not fear in light of that truth in verse 1. We will not fear. And then the psalmist lays out the worst-case scenarios to test that response, and these verses is great cause to take heart, to be strengthened, to be bolstered in your belief in God, to be fortified in your faith in God, and to be heartened by the presence of God.

So, God, in this verse 1, is Elohim, and that emphasizes his supreme power. Seen in Genesis 1:1, where Elohim created the heavens and the earth. He is majestic, supreme in power and authority. And you're to hear Elohim, and then after that, know that he is utterly able to be that, do that, cause that, stop that, whatever it is, because he created the heavens and the earth.

Verse 1 calls us to behold him as the all-sufficient, all-powerful refuge, and he is a mighty refuge. He is a haven for his children. He's a hideaway, a high tower for the brokenhearted. He's a harbor, or an inlet, an anchorage, a port where weary ships, wrecked by wave after wave of attacks, they come in, they throw the rope around, the dock cleats, they dock and find refuge and rest in that harbor.

He is a mighty refuge. I'm not done yet. He's a strong hold for the weak. He's a shelter in storms. He's a retreat for the wretched, an oasis in the desert, a bastion for Christian soldiers, a bulwark for the bludgeoned, and a fortress for the faint of heart. This is our God. And the only place available to you since you first existed is Jesus Christ. The only safe place you can be is in him, hidden in Christ, in God, Colossians 3:3, hidden in the cleft of the rock of ages.

We had some people over recently, and I shared my testimony with them, and there's a point that I often bring up, in hindsight, as I look back at that old man, me, and I think about that man, I think, what arrogance, what pride that I knew about God and yet walked in unbelief, ignoring the warnings.

And some of you sitting here tonight might hear about God as our refuge and wonder if you need one, or if he is your

refuge. Life is cozy, and you're untouched by trouble. Perhaps it's because you hang more on the sidelines, and you don't really get in the game. Perhaps you're not even on the field at all. You're not on the team.

And if that's you, I just want to say that there will come a night, and it may not be tonight, but there will come a night where your soul is required of you. And what are you going to say to Yahweh, to the Lord of hosts, to Yahweh of heavenly hosts, the king of the universe? What are you going to say to him? If you're in Christ this day, you've embraced him as Lord and Savior, what will you say to him? How have you lived? How have you stewarded what he's entrusted to you?

Are you in the battle? Are you walking by faith? Can you say that confidently tonight? Or are you clinging on to the things that entangle you from this world? Are you coasting to the end, aiming for the least path of resistance? Be careful, because that path can sometimes be confused with the wide road that leads to destruction. It's the religious road.

God is our refuge. He was. He is. He always will be our refuge. He is not a refuge. That sounds like the person who knows about God, but is as far from God as the heathen. For the one who stands clothed in the righteousness of Christ, who has

his sins forgiven, who is eternally secure, and is overwhelmed that he could be a recipient of grace, love, mercy, kindness, care. He says, God is my refuge. He is not a refuge by definition. He is my refuge. And collectively, we can say God is our refuge.

As our refuge, God is found to be safe and trustworthy, a wise, tender, and compassionate God. As our strength, he is an unending supply for the weak to empower them to act. It's good to be weak. It's good to rely on the strength that God supplies. God is never drained of his strength. He is never depleted. He never tires. He never sleeps. He never slumbers. He is never weakened. He is always strong. Even just his name is a strong tower. It's the sum of who he is.

Moses declares in Deuteronomy 32, "I proclaim the name of Yahweh; Ascribe greatness to our God! The Rock! His work is perfect, For all His ways are just; A God of faithfulness and without injustice, Righteous and upright is He." That's his name. That's who he is.

David announces, "Yahweh is compassionate and gracious and Slow to anger and abounding in lovingkindness." He removes transgressions from us. He forgives sins. Jeremiah 9, he quotes Him as Yahweh and says, "I am Yahweh, who shows lovingkindness,

justice, and righteousness on the earth; for in these things I delight."

Micah tells us, "Who is a God like You, who forgives iniquity And passes over the transgression of the remnant of His inheritance? He does not hold fast to His anger forever Because He delights in lovingkindness. He will again have compassion on us; He will subdue our iniquities. And You will cast all their sins Into the depths of the sea." Again, Jeremiah says, and it's later quoted in Hebrews 8, that he forgives our iniquities and our sins. He will remember no more.

Only if you're forgiven in Christ can you find a refuge in God. My sins are forgiven. Who can say that, that my sins are forgiven? It's only God that can forgive sins. And if you mustered all the strength that you could find over the earth, over the universe, put it all together, you could not deal with one of your sins, the consequences for one of your sins.

But he has forgiven them all. So, if God is for us, who or what could be against us? You have the hardest thing accomplished for you in Christ. Your sins are forgiven. What is impossible with man is possible with God. And if he has done the hardest thing, can you not also supply the strength for your trials, the strength for lesser things? Psalm 130 verse 4, "But

with You", he says, "With You", Yahweh, "is forgiveness, That You may be feared."

He is God, and there is none like him. He is the only refuge and strength sufficient to withstand everything thrown at his people. So, he can do all things, and he's sufficient and all-powerful. But what if you can't find him? What if you can't get to him? What if he's far off? What if he's a miserly old grandfather who doesn't want to be disturbed?

The psalmist anticipates this and tells us a glorious reality. Look at verse 1. He says, and you know it very well, he says that Yahweh is "A very present help in times of trouble." He abundantly, this is what this word means, he abundantly lets himself be found. The individual that cries out to him must cry out in faith.

But when he does, when you utter that prayer, God is reliably found. He proves to be right there. When in trouble and this literally means tight spots, distresses, when the pressure really comes in, and it's faster than you can take, and you can't breathe, you can't take it all in, and the trial is squeezing you. These are these tight spots. These are these trouble. Well, it's actually plural in these troubles.

He's a help in troubles, because there are many. He is a sufficient help, an able help, a more capable than you help. He assists us, rescues us. He solves our problems. He carries us. He comes to the aid of the weak, the vulnerable, and the helpless. He is very findable, and I think he delights to be found.

Don't try to put the pieces back together yourself. Seek his wisdom. Seek his help. He is near. Another way to understand it is he's exceedingly found. He never withdraws himself from the afflicted. He is close at their side. He effectually helps. He constantly helps them.

So just stop. Cease, as the Psalm says, and look to him. Look to him. He doesn't taunt from a distance. He is eager and near. He's a breath away, a contemplation away. He answers the simple prayer, help me, help me. It's not the number of words, but the words must come from a whole heart, a sincere heart, a genuine request.

So, what does the believing heart conclude? What's the logical next step? In verse 2, you'll see that. "Therefore, we will not fear." With God as your refuge and strength and abundantly findable help, you have no reason to be afraid of

anything. Sometimes we forget that, and you might say, but you don't know how bad my situation is. It's the worst.

And I don't know how bad some situations are, but I know how great my God is. And you could put all the extreme situations together, and I know God is able to carry you through. And I know he's able to help you solve and sustain and provide for you and show his goodness and his kindness. And in the midst of that, he's able to use it all for the glory of himself. And that's what true Christians want. They want him to be glorified. They want him to be honored and esteemed.

"Even though I walk through the valley of the shadow of death," David says, "I fear no evil." Why? Just because "You are with me; Your rod and Your staff, they comfort me." David says in Psalm 139, you have enclosed yourself behind me and before. And if I try to think, is there any place I can go where you can't find me? No, and David is proving God is able to be readily near. He says, behold, "You are there." Even "in the remotest part of the sea, Even there Your hand will lead me," Your hand, "Your right hand will lay hold of me."

Therefore, Psalm 46, "We will not fear." Sometimes the presence of God is not a comfort. And if that's you, you need to get right with God so that he will be your greatest comfort. And

as he goes on in Psalm 46, verses 2 and 3, and he says, even if the unthinkable should happen, even if the impossible should happen, should the earth change; should mountains slip into the sea; should the ferocity of oceans be seen and known and felt by you, even then I have no cause for fear, for my God is an everlasting, all-powerful, immutable shelter in the storm, and I am safe and strong in him. By the way, there is very little more terrifying to your mind than seeing what your brain says is rock solid. Nothing is more terrifying than seeing that turn to wavy mush.

In New Zealand, we have a lot of earthquakes. This is part of the territory. And when you see the earth start doing this, it's a little terrifying, to say the least. You're utterly out of control, and what should be still is in chaos, and you're utterly out of control. You see the ground do things that your brain says, nope, uh-uh, that shouldn't be happening. That's not right. And even then, God is our refuge, our inexhaustible strength, our ever-present, readily found help.

What can touch you when you're in God's hands? The picture of Shadrach, Meshach, and Abednego, surrounded by a fiery furnace and standing in the fire, untouched, safe. That's what it's like to be safe in the shelter of the Most High. In the

midst of a fire, everything's burning around you, and you come out, you don't even smell like the smoke. "He who abides in the shelter of the Most High Will abide in the shadow of the Almighty. I will say to Yahweh, 'My refuge and my fortress, My God, in whom I trust!'" Psalm 91.

2 Kings 6. I just want to turn there. It's an incredible account. 2 Kings 6, if you turn there, we're going to read just a few verses, just to see the power of God that we don't see. 2 Kings 6, "Now the king of Aram was warring against Israel; and he counseled with his servants, saying, 'In such and such a place will be my camp.' And the man of God sent word to the king of Israel, saying, 'Beware that you do not pass this place, for the Arameans are coming down there.' And the king of Israel sent to the place about which the man of God had told him; thus he warned him, so that he guarded himself there, more than once or twice. Then the heart,

"this is verse 11 sorry, "Then the heart of the king of Aram was enraged over this thing; and he called the servants and said to them, 'Will you not tell me which of us is for the king of Israel?' And one of his servants said, 'No, my lord, O king; but Elisha, the prophet who is in Israel, tells the king of Israel the words that you speak in your bedroom.' So he said,

'Go and see where he is, that I may send and take him.' And it was told to him, saying, 'Behold, he is in Dothan.'

"So he sent horses and chariots and a heavy military force there, and they came by night and surrounded the city. Then the attendant of the man of God arose early and went out, and behold, a military force with horses and chariots was all around the city. And his young man said to him, 'Alas, my master! What shall we do?'

"So he said, 'Do not fear, for those who are with us are more than those who are with them.' Then Elisha prayed and said, 'O Yahweh, I pray, open his eyes that he may see.' And Yahweh opened the eyes of the young man, and he saw; and behold, the mountain was full of horses and chariots of fire all around Elisha."

God who is for you is more than all who could be against you, even yourself at times. Even yourself, even the slowness of the heart to believe, he can overcome. With respect to salvation, Jesus said, blessed are those who have not seen me and yet believe. And the principle can be applied here too, where we see this man who saw what we all don't see, and he got the privilege to see, which is amazing. But blessed are those

who do not see the outcome, yet walk in belief and trust in everything promised in God's word.

Jesus says there's blessing there with the heart of faith and belief in him. Take refuge in him. How would you evaluate your taking refuge in him? How do you soothe your fears? Where are you tempted to take refuge? Is it in family? Even good things? Finances? Do you want to be at a certain amount, and then you won't have to trust God anymore? Is your refuge in figuring it all out on your own? Is it in always having something to do? Do you ever rest in him?

There is no substitute for the stronghold of God. Psalm 62 says, "Surely He is my rock and my salvation, My stronghold; I shall not be shaken. On God my salvation and my glory rest; The rock of my strength, my refuge is in God. Trust in him at all times, O people; Pour out your heart before Him; God is a refuge for us." That's how you can access him as a refuge. You pray, you believe; you believe, and you pray, and you pour out your heart before him.

So that's number one. Be heartened by God's presence. This is verses 1 to 3, and in verses 4 to 7, we are sustained by God's provision. We're to be sustained by God's provision. Let's read that again. "There is a river whose streams make glad the

city of God, The holy dwelling places are the Most High. God is in the midst of her, she will not be shaken; God will help her when the morning dawns.

"The nations roar, the kingdoms shake; He gives His voice, the earth melts. Yahweh of hosts is with us; The God of Jacob is our stronghold." Whether this psalm was written with the backdrop of Sennacherib's, Sennacherib's siege of Jerusalem or not, the picture in these verses is like a siege-like situation. The city is surrounded, and the people are glad because there's a river still flowing through it.

The river pictures sustenance, nourishment, preservation of life. More than that, God is in the midst of the city, and so the hearts of the people are glad. He's providing for them, sustaining them. Though there are threats from every side, and there's no escape, they are happy and glad in the siege.

In verse 4, through the river, God provides sustenance. In verse 5, his presence provides comfort and hope. In verse 6, in his word, he provides authority over his enemies and power to bring them to nothing. And in verse 7, he provides the promise of dwelling with his people. And so, we are to be sustained by God's provision.

The picture here is that during the battle, God provides for his people. He provides for his people. He does not necessarily instantly solve the chaos. He sustains them in the calamity. When the pressure is closing in on them, he nourishes them and comforts them. Acts 14:22, in that passage, Paul is strengthening the disciples and encouraging them to continue in the faith. And he says, "Through many afflictions we must enter the kingdom of God."

So, because he is able to remove a hardship, proven by his power over all creation, if his wise, good timing doesn't seem to be ours, we must trust him. He has a purpose. He has a plan. He is wise, and his will is perfect. All his ways are just. It's there that we learn, unlike any other time, that his grace is truly sufficient, abundantly sufficient, not just sufficient.

His grace sustains us, and we just don't know what he is accomplishing. But we can trust him. We must trust him. And maybe later, he'll open our eyes, and we'll see the ripple effect of the good that he has accomplished through our trials and troubles and tribulations, unknowable to us at the time. But we can learn grasp his goodness. We can believe his goodness. Believing him, when it doesn't make sense, that's when we find deep assurance, as we walk by faith and not by sight.

So, in verses 4 to 5, we see God tabernacling with his people, dwelling with them. He is with them in the storm, sustaining them, providing for them, and their hearts are glad, glad. Therefore, the city will not be shaken, even if a mountain should slip and shake into the sea, verse 2. Here, the city of God remains secure. The people of God will not be shaken. He protects them. He will not lose his grip on them.

Like that hymn, *How Firm a Foundation*. "That soul that on Jesus hath leaned for repose, I will not, I will not desert to its foes. That soul, though all hell should endeavor to shake, I'll never, no, never, no, never forsake." See a little bit further here, verse 5. In fact, help comes in the morning.

Help comes in the morning. Dawn is a picture of great hope. Some of you night owls don't agree. Dawn is not your delight, but figuratively, dawn is a picture of great hope. The sun rises in the morning. Some of you don't know that, but it does. There is bright hope for today. And it was in the morning, at daybreak, that God delivered the Israelites from the Egyptians.

Exodus 14:27, it says, then at daybreak, and the waters covered the Egyptians, and they were seen no more. Deliverance came in the morning. Psalm 46, verse 6, we see the ease at which God dissolves the enemies of his people. He gives his voice, it

says, so just his voice and "the earth melts away." He utterly destroys all opposition with a word. What he says happens.

Psalm 33 says, "By the word of Yahweh the heavens were made." He spoke, and it was. He commanded, and it stood firm. Job 37:5, Elihu says, "God thunders with His voice marvelously, Doing great things which we do not know." Implies you've got to trust him. He's doing great things, and what he says will happen, and he's sovereign over all things. This is our refuge, and he who can do that is our strength.

Can he sustain you in trouble? Will you trust him? Though the odds are stacked heavily against you, verse 7. The people of the city of God are sustained in the siege by the provision of a promise. Yahweh, our hosts, is with us, and all the enemies of the earth are against us, but the Lord of armies, the Lord of the heavenly hosts, is with us.

He is Yahweh of armies. He is the Lord of angels, the commander of all the angels and earthly forces at his disposal. He has it all. Jesus said on the night of his betrayal, Matthew 26:53, "Do you think that I cannot appeal to My Father, and He will at once put at My disposal more than twelve legions of angels?"

Ability is never the question, but the wise purpose and plan of God is the priority. So, we have to trust him. We can. It's good for us to not know, and yet believe and trust. Yahweh of hosts is with us. What a promise this is. He loves his people, and he loves to be with them. He promises to be with them.

The truth alone will sustain you through any trouble, in any trial, any threat. It's the greatest joy of those in Christ to be with God. It does not comfort those who are trusting in a righteousness of their own, who do not know forgiveness of sins, right relationship with God. But for the sinner who hopes in Christ alone for salvation, being with him is everything. This is heaven on earth for the believer.

Paul revealed the delight of the disciple of Christ when he wrote to the Thessalonian church in chapter 4 verse 16 and 17. I'll read it. "For the Lord Himself will descend from heaven with a shout, with the voice of the archangel and with the trumpet of God, and the dead in Christ will rise first. Then we who are alive and remain will be caught up together with them in the clouds to meet the Lord in the air," and here it is, "and so we shall always be with the Lord." That's the greatest comfort.

Do you long to be with Christ, to behold him face to face? It's telling of where your heart's at, how much you long for that, how much you want to be with him. You can live that future promise now by walking by faith and he will carry you through every trial and every tribulation, every trouble.

The next verse in 1 Thessalonians 4 is this, "Therefore comfort one another with these words." Comfort one another with being with Christ and his certain return and being with him forever. Yahweh of hosts is with us and that is the most precious sustaining reality. I would rather be in that city under siege any day if it meant that I could be there with God. Who wouldn't want to be with him?

He loves to dwell with his people. Emmanuel, God with us. In the desert, in the exodus there, even living out their consequences, God dwelt with them. He tabernacled among them. In the new covenant, John says he tabernacled among us, dwelt with us.

In the kingdom to come, he will be among us and he will be our source of eternal life and he loves to be with his people. He loves to be with his people. Do you love to be with your God? Do you love to sit and listen? Listen to his word. Listen to his

creation. Think about him. Reflect upon him. Love him. Thank him. Look for his coming.

Lastly in verse 7, "The God of Jacob," the God of the covenant, the one who deals with his people with great grace and great power, he himself "is our stronghold." This word for stronghold is like an inaccessibly high place. It's a refuge out of the reach of the opponent and he protects his people and sets them in a high place away from dangers. They're untouched by trouble, though they're in the midst of it.

Psalm 20 verse 1, "May Yahweh answer you in the day of distress! May the name of the God of Jacob set you securely on high." That's the promise of Yahweh being with us. In trouble, in trial, in distress, be sustained by God's provision. That's the second point.

For a third and final point, we're to be assured by God's power. Be assured by God's power, verses 8 through 11. "Come, behold the works of Yahweh, Who has appointed desolations in the earth. He makes wars to cease to the end of the earth; He breaks the bow and cuts up the spear; He burns the chariots with fire. 'Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' Yahweh of hosts is with us; The God of Jacob is our stronghold." And in these final

four verses here, we have four key verbs, four main verbs: come, behold, cease, and know.

These desolations, it's like Yahweh lays out his victories and his judgments. And the slideshow is devastating. These are the horrors of war, these desolations. And throughout history, Yahweh ends wars as he pleases. Man with his skirmishes thinks he's in control, thinks he's in control of something.

But God breaks the bow and cuts up the spear. And the imagery here has a finality embedded to it. God breaks the bow and cuts up the spear with ease, like a toothpick, like the enemies were no real opposition in the beginning. So, by turning their weapons of war into kindling, Yahweh breaks the power of the warrior, brings them to nothing. Such power he has, such authority he has.

Next, he burns the chariots with fire. Chariots were the strength of their warfare, what they put all their hope in. And he burns it with fire. They're done. And now for the first time, Yahweh speaks in verse 10, in this psalm. And he says, cease, cease, stop. Somehow this made it onto t-shirts, coffee mugs, bumper stickers, be still and know that I am God. And it's in a more of a contemplative, pensive, reflective kind of poetic way.

Like two people gazing into a sunset, be still. But that's not what's going on here. That's nothing of the sort.

Yahweh speaks to the warring world and warns them, stop. Cease your foolish ways. Turn to me. Know and believe that I am God, maker of the heavens and the earth, the beginning and the end, Alpha and Omega. See the end of your wars, the finality of them. I will end them. See my power, see my wrath and my authority. In the end, it is I who will be exalted and it is you who will be laid to waste, cease, stop.

So, Yahweh's words are a serious warning to all those who oppose him and his people. And it's a command to end your ways and call upon the Lord while there's still time. Lay down your weapons. The word also means to surrender, to drop your hands, to relax, stop clenching your fists against the sovereign of all creation.

And so, while it's a warning for the unbeliever, it's a comfort for believers, because he will be victorious over all things in the end. He will be exalted, so cease. Stop striving. Stop trusting in your own strength. Lean on him and rest. Take refuge in him. Stop trying to white knuckle your way through life or trying to figure it all out on your own. See the desolations and think about your lack of power to do anything,

to accomplish anything on your own. We're so weak and so tiny, but he is our God and we're to walk with him and rely upon his strength.

Have great joy as you simply walk the path that accomplishes the deeds that he has already planned out for us. The song ends repeating the refrain, "Yahweh of hosts is with us." Seems important, right? It's repeated. Yahweh of hosts is with us. What a comfort. The God of Jacob is our stronghold. What a promise. Our God is a mighty refuge and we're to be assured with his power that he is with us and mighty to do all things.

This text is life for the believer. So, we're to be heartened by his presence, sustained by his provision and assured by his power. In Christ, by faith, trusting him, you will therefore, verse 2, you will not fear in any trial. So, if you're fearful, you need to run to him, run to him as the refuge. And the way to do that is to believe and to pray, call out to him while he is near. He is near to all those who believe in him.

We're going to sing a really beautiful song next. I'm just going to read a little bit of the first verse or two and then I'll pray. Says, "Dear refuge of my weary soul, On thee, when

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sorrows rise On thee, when waves of trouble roll, My fainting hope relies To thee I tell each rising grief, For thou alone canst heal Thy Word can bring a sweet relief, For every pain I feel" If you bow with me, I'm going to pray and sing this wonderful song and then enter a time of corporate prayer.

Our Father, we are in awe of your goodness to sinners like us, to those who have raised their fists at you in their heart and said, I reject you, that you have sent your son, redeemed a people to worship you. We're amazed at how you love to be with your people and we want to love to be with you by keeping short accounts of our sin, by meditating on your word, by coming to know you and having our deepest joy in you.

Thank you for not leaving us on our own, up to ourselves. You have done everything we could ever need. Please give us hearts to believe, hearts to call out to you, hearts to be on the narrow path, that we would love your righteousness and love your commands for they're good to us. Help us to walk in them, we pray, and to believe and run to you as our refuge and our strength. Would you encourage every discouraged heart here tonight and help them and encourage them. We pray in Jesus' name, Amen.