

GOD OUR REFUGE & STRENGTH - SERMON 1



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Psalm 46:1-11

The world is becoming more and more dangerous especially in this End-time. We have...

- Increasing inflation, cost of living and hardship
- Widespread natural and man-made disasters
- Increased wars, conflicts, crimes, violence and bloodshed
- Global Outbreak of HIV Aids, Ebola, COVID-19 and other deadly diseases
- There is danger and evil now everywhere and at every stage in the modern world.
- Generally, the streets and highways are not safe; people are not safe in their homes also.
- The unborn child is not even safe in his mother's womb because of abortion and such crimes
- The general lack of safety has led to the 'stranger danger' syndrome whereby it is now so difficult to trust even the people you know, how much more those you don't know at all.

In the face of these dangers and evils of our time, can God watch over us His people? Yes! He is our Sure Refuge and Strength! This is the message of **Psalm 46** - to boost our confidence in God.

"God is our Refuge and Strength, a very present Help in trouble" - Psalm 46: 1.

I. God is our Refuge:

The word **refuge** means **shelter**. It is a place of safety, trust and hope. If someone committed manslaughter at the time of Moses he could flee to a City of Refuge in order to escape the avenger. Yes, trouble comes to all of us, but we can seek

refuge in the Lord. He can protect us in times of trouble - **Proverbs 18:10**. David always found refuge in the Lord when in trouble e.g. when fleeing from King Saul. He knew that God would watch over him - **Psalm 18:2-3**.

II. God is our Strength:

The word *strength* means *power, might and boldness*.

When troubles and trials come, our strength is drained from us. Yet at such times God is able to strengthen and help us to stand. We only need to pray and ask Him to restore our strength and confidence again - **Isaiah 40:28-31**.

We all need God's strength. Only He can sustain us in the trials of life - **Psalm 73:25-26** e.g. David at Ziklag (**1 Samuel 30:6**). So, we should strengthen ourselves in the Lord when troubles and trials of life come and not try to make it on our own.

III. God is our Help:

The word *help* means to *succor* or *assist*.

We have already seen that God provides refuge and strength to His people. But He also *helps* us in our trials. He doesn't do this from a distance. He is right there with us to help us in our troubles and trials - **Hebrews 13:5-6**.

God wants to help us and doesn't want us to resort to self-help but pride and fear usually keep us from seeking His help. God is always waiting to answer our prayers - **Psalm 34:17-19; Isa.49: 15-16; Jer.33: 3; Matt.7: 7-11**.

Conclusion:

The whole idea of having God as our Refuge, Strength and Help banishes fear from our hearts - **Psalm 46:2-3**.

We can then respond to uncertainties, conflicts, troubles and trials of life in faith and not in fear. If God is our Refuge, Strength and Help, we should then trust Him to take care of us. When disasters and diseases strike, God hasn't caused them. Therefore, we must look to Him in faith at such times.

This is exactly what Job did when several waves of calamity befell him. He trusted in God and knew that the Lord would not fail him. The Psalmist said that even if the world was turned upside down he knew that God would take care of him. We should have that type of faith and confidence in God for these times also.