

Psalm 46 Devotions

☐ Monday - God is Our Refuge.

Psalm 46:1

It was the pride of ancient kings to build great fortified castles on inaccessible mountaintops, but the psalmist exhorts Israel to remember that “God is our refuge and strength” (Psa. 46:1). The citadels of men may withstand earthly attacks, but what can protect against the fiery darts of spiritual enemies? “For our struggle is not against flesh and blood, but ... against spiritual forces of wickedness” (Eph. 6:12). The Lord is a hiding place for His people, a haven of rest for the weary soul, and a stronghold for the oppressed. Yes, “the name of the Lord is a strong tower; the righteous run into it and is safe” (Prov. 18:10). A mighty fortress is our God!

Read Psalm 32:7

☐ Tuesday - God is A Very Present Help.

Psalm 46:1

The omnipresence of God is not just a nice piece of theology for old gray-haired seminary professors, who smoke pipes and drink hot tea, to sit around and discuss at the philosophy club. No rather, God’s immediate presence is a wonderful truth that should give a deep sense of comfort to every child of God. For God is not only present everywhere, as the Bible plainly teaches (Psa. 139:1-10), but He is present to help, and “a very present help in [times of] trouble,” as the psalmist declares here (Psa. 46:1). Dear Christian, God is always with you; He’s as close as the mention of His name (Deut. 4:7).

Read Psalm 73:28, 145:18

☐ Wednesday - We Will Not Fear.

Psalm 46:2

Because God is our refuge, the psalmist boldly proclaims, “therefore we will not fear, though the earth be removed” (Psa. 46:2, KJV). Those who have laid up their treasures on earth, and set their affections upon it, have reason to fear if the earth is removed. But those who have laid up for themselves treasures in heaven have nothing to fear; indeed they expect to be most happy when the earth and all its treasures are burned up (2 Pet. 3:10-12), for “according to [God’s] promise we are looking for new heavens and a new earth, in which righteousness dwells” (2 Pet. 3:13). Read Matthew 6:19-21; Colossians 3:1-3

☐ Thursday - The River of the Water of Life.

Psalm 46:4

In beautifully poetic language, the psalmist writes, “There is a river whose streams make glad the city of God” (Psa. 46:4). This metaphor is continued throughout the Bible, where we discover that this city is the church, which is called the heavenly Jerusalem (Heb. 12:22-23; Rev. 21:9-10). Its inhabitants are born-again believers, and they drink from the cool, clear, refreshing waters of the river of life that flow from the throne of God (Rev. 22:1). The waters of this river are a picture of the unending wave upon wave, “grace upon grace” (John 1:16), that flows from God’s throne of grace (Heb. 4:16). “Let the one who is thirsty come; let the one who wishes take the water of life without cost” (Rev. 22:17).

Psalm 36:7-8

☐ Friday - I’ll Be Still and Know That You Are God.

Psalm 46:10

“Be still, and know that I am God,” declares the Lord (Psa. 46:10). This command of Scripture forbids all quarreling and complaining against God, who owes no answer to anyone for His sovereign actions. There are many things that happen behind the scene that you cannot see, Christian. For we see and know only in part (1 Cor. 13:12), but God sees all (Job 28:24; Prov. 5:21; Jer. 23:24; Heb. 4:13), and He knows all for understanding is infinite (Psa. 147:5). And so we must learn to still (i.e. quiet) our mouths, and not “darken counsel by words without knowledge” (Job 38:2).

Read Psalm 39:1; James 1:19-20