

## DAY 11 – God Is Our Refuge

### **Psalm 46**

46 God is our refuge and strength, a very present help in trouble.

*2 Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea.*

*3 Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.*

*4 There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High.*

*5 God is in the midst of her; she shall not be moved: God shall help her, and that right early.*

*6 The heathen raged, the kingdoms were moved: he uttered his voice, the earth melted.*

*7 The Lord of hosts is with us; the God of Jacob is our refuge. Selah.*

*8 Come, behold the works of the Lord, what desolations he hath made in the earth.*

*9 He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire.*

*10 Be still and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.*

*11 The Lord of hosts is with us; the God of Jacob is our refuge. Selah.*

### **Focus: Finding Stability in Uncertain Times**

**Psalm 46** begins with assurance: “God is our refuge and strength, a very present help in trouble.” This psalm does not deny that trouble exists — it declares that God is present in it. Mountains may shake and waters may roar, but God remains steady. Lent invites us to face the instability in our lives honestly while anchoring ourselves in the unchanging character of God. Refuge means protection; strength means empowerment. In Him, we find both.

The psalm paints dramatic images of chaos — nations raging, kingdoms tottering — yet at the center stands a calm promise: “The Lord of hosts is with us.” God’s presence is the stabilizing force when everything else feels uncertain. When circumstances shift, and emotions rise, we are called not to panic but to trust. Faith does not ignore reality; it stands firm within it.

Perhaps the most powerful command in Psalm 46 is simple: "Be still and know that I am God." Stillness is an act of surrender. It is stepping back from anxiety and remembering who truly reigns. As we move through this Lenten season, Psalm 46 teaches us that even in upheaval, God is our refuge, our strength, and our steady hope.

**Prayer:** Sovereign God, be our refuge when life feels unstable. Help us to be still and trust that You are in control. Strengthen our hearts and steady our faith in every season. In Jesus' name, Amen.