



Psalm 46  
**God Is Our Refuge**

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Refuge

1. Choose To Trust God For Refuge (v1-3)

God alone is our all in all. All other refuges are refuges of lies, all other strength is weakness, for power belongeth unto God: but as God is all-sufficient, our defence and might are equal to all emergencies.

**Charles Spurgeon, Treasury Of David**

# Psalm 46 God Is Our Refuge

1. Choose To Trust God For Refuge (v1-3)
2. Find Refreshing Refuge In God's Presence (v4-7)

The Lord's presence indwelling His own people should inspire trust and confidence.  
No external calamity or hostile adversary can overthrow the place where the Lord of  
Armies resides.

**Thomas Constable, Expository Notes Of Dr. Constable**

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3. Find Restful Refuge In God's Work (v8-11)

Christ was in a storm with His disciples, and He went to sleep. When they roused Him from His sleep, He had more trouble calming the disciples than He had calming the storm. Many of us are like those men. We don't know what it is to wait patiently before Him.

**J. Vernon McGee,** Through The Bible Commentary

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“Be still” literally means “Take your hands off! Relax!” We like to be “hands-on” people and manage our own lives, but God is God, and we are but His servants.

**Warren Wiersbe, “Be” Commentary Series**

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## Romans 8

**28** And we know that all things work together for good to those who love God, to those who are the called according to His purpose. **29** For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. **30** Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified. **31** What then shall we say to these things? If God is for us, who can be against us?

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