



## Psalm 46 NIV

<sup>1</sup> God is our refuge and strength, an ever-present help in trouble. <sup>2</sup>Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, <sup>3</sup> though its waters roar and foam and the mountains quake with their surging.

<sup>4</sup> There is a river whose streams make glad the city of God, the holy place where the Most High dwells. <sup>5</sup>God is within her, she will not fall; God will help her at break of day. <sup>6</sup> Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. <sup>7</sup>The LORD Almighty is with us; the God of Jacob is our fortress. <sup>8</sup> Come and see what the LORD has done, the desolations he has brought on the earth. <sup>9</sup> He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. <sup>10</sup> He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

<sup>11</sup> The LORD Almighty is with us; the God of Jacob is our fortress.



## Philippians 4:6-7 NIV

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6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



I. God is A  
Dependable Refuge  
Psalm 46:1a NIV

God is our refuge and strength,  
an ever-present help in trouble.



I. God is A  
Dependable Refuge  
Isaiah 46:9 NIV

Remember the former things, those of long ago; I am God, and there is no other; I am God, and there is none like me.



I. God is A  
Dependable Refuge  
John 16:33 NIV



“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”



I. God is A  
Dependable Refuge  
Nahum 1:7 NIV

The LORD is good, a refuge in times of trouble. He cares for those who trust in him,



I. God is A  
Dependable Refuge  
Matthew 6:34 NIV

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.



## II. God is Our Strength

Psalm 46:1b NIV



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God is our refuge and strength,  
an ever-present help in trouble.





## II. God is Our Strength



Philippians 4:13 NIV

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I can do all this through him who gives me strength.



## II. God is Our Strength



Psalm 23:4 NIV

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Previous Scripture: Philippians 4:13;

Psalm 46:1b; Matthew 6:34



## II. God is Our Strength

Psalm 91:1-2 NIV



1 Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.

2 I will say of the LORD, “He is my refuge and my fortress,  
my God, in whom I trust.”



## II. God is Our Strength



Psalm 91:15 NIV

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He will call on me, and I will answer him;  
I will be with him in trouble,  
I will deliver him and honor him.



III. God is Our  
Ever-Present Help  
Psalm 46:1c NIV



God is our refuge and strength,  
an ever-present help in trouble.



### III. God is Our Ever-Present Help John 14:16-19 NIV

16 And I will ask the Father, and he will give you another advocate to help you and be with you forever—17 the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. 18 I will not leave you as orphans; I will come to you. 19 Before long, the world will not see me anymore, but you will see me. Because I live, you also will live.

Previous Scripture: Psalm 46:1c;

Psalm 91:15; Psalm 91:1-2



III. God is Our  
Ever-Present Help  
Psalm 46:10 NIV



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He says, “Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”



III. God is Our  
Ever-Present Help  
John 14:27 NIV



Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.





III. God is Our  
Ever-Present Help  
John 10:10 NIV



The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.