

Sermon Notes
A Psalm a Day Keeps *the devil* Away
Psalm 46

Characteristics of a maturing person & Christian

- Admitting you need help
- Asking for help
- Asking God for help
- Why we don't ask for help

Psalms Basics

Psalm 46: "A Mighty Fortress is Our God"

- A Psalm of Confidence in the Lord
- Focus: God is our defender & refuge
- Theme: God's Awesome Power & Protection
- Authors: Sons of Korah (temple musicians)
- *Alamo*: written to be sung by soprano voices
- Key verses (7 & 11) The Lord Almighty is with us; the God of Jacob is our fortress.

OUTLINE

Part 1 (1-3): God's protection in natural disasters

Part 2 (4-7): God's protection from ungodly nations

Part 3 (8-11): God's protection in the world

--Each section divided by a *selah* (interlude)—

Part 1 (1-3): God's protection in natural disasters

v.1 God is our refuge and strength an ever-present help in trouble.

vs. 2-3 ² Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, ³ though its waters roar and foam and the mountains quake with their surging.

Part 2 (4-7): God's protection from ungodly nations

vs.4-5 ⁴There is a river whose streams make glad the city of God, the holy place where the Most High dwells. ⁵God is within her, she will not fall; God will help her at break of day.

v.6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

vs.7 & 11 The Lord Almighty is with us; the God of Jacob is our fortress.

Part 3 (8-11): God's protection in the world

⁸Come and see what the Lord has done, the desolations he has brought on the earth. ⁹He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.

¹⁰He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

**Since God is for us then who
could possibly come against us!**

**Bridge to Jesus—The New Covenant of GRACE
Romans 8:31-39**

LIFE LESSONS

1. It's a sign of maturity to ask God for help
2. God is the BEST place to go when in need
3. God is always available
4. God has the ability and willingness to take care of you always

A Mighty Fortress is Our God