

**AGAPE HOUSE OF WORSHIP  
WEDNESDAY BIBLE STUDY**

**Topic: GOD IS OUR REFUGE AND STRENGTH**  
**Wednesday October 11th, 2023**

**Texts: Psalm 46:1-11**  
**Facilitator: Pastor Bimbola Lawore**

**INTRODUCTION**

Today we will take a look into the book of Psalms 46 to listen and observe what the Holy Spirit wants to reveal to us about God. This psalm encourages us to hope and trust in God, and his power, and providence, and gracious presence with his people in the worst of times and directs us to give him the glory of what he has done for us and what he will do.

Psalm 46 is one of the psalms written by the Sons of Korah  
It is believed that the psalm was written during one of David's victories over the enemy nations (2 Samuel 8) Psalm 46 was an inspiration to the hymn "A mighty Fortress is our God" written by Martin Luther

**2 Timothy 3:16-17** *"All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, 17 that the man of God may be complete, thoroughly equipped for every good work."* NKJV **What message jumps out to you as you read Psalm 46, what is God saying to you?**

**Who are the Sons of Korah?** Numbers 16: 1-40, Numbers 26:11

**THE PROTECTION OF GOD**

**Psalm 46:1-3** *"God is our refuge and strength, A very present help in trouble. 2 Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; 3 Though its waters roar and be troubled, Though the mountains shake with its swelling."* (NKJV)

- The Hebrew translated to refuge is the word "**mahase**" which also means, shelter, hope, trust. Psalm 61:3, Psalm 62:7-8, Isaiah 25:4, Proverbs 18:10.

**Psalm 61:2-3** *"From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. 3 For you have been my refuge, a strong tower against the foe."* (NIV)

**Psalm 25:4** *"You have been a refuge for the poor, a refuge for the needy in their distress, a shelter from the storm and a shade from the heat."*

**Question/Reflection – How has God been your refuge and strength?**

**THE PROVISION OF GOD**

**Psalm 46: 4- 5** *"There is a river whose streams shall make glad the city of God. The holy place of the tabernacle of the Most High. 5 God is in the midst of her, she shall not be moved. God shall help her, just at the break of*

dawn. (NKJV)

**Question - "There is a river whose streams shall make glad the city of God" What river is the psalmist referring to?**

**The "river" represents God's Favor and Peace. Psalm 36:8, Zechariah 14:8, Ezekiel 47:1, Revelation 22:1**  
**THE POWER OF GOD**

**Psalm 46:6-9** "6 The nations raged, the kingdoms were moved; He uttered His voice, the earth melted. The Lord of hosts is with us; The God of Jacob is our refuge. 8 Come, behold the works of the Lord, Who has made desolations in the earth. 9 He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire."

- The Lord of Host – Jehovah Sabaoth, He is the commander of heavy armies of heaven, host of heaven, every

### **THE PRESENCE OF GOD**

**Psalm 46:10-11** "Be sAll and know that I am God; I will be exalted among the nations, I will be exalted in the earth! 11 The Lord of hosts is with us; The God of Jacob is our refuge. Selah (NKJV)

**Psalm 46:10-11** "Stop striving and know that I am God; I will be exalted among the nations, I will be exalted on the earth." 11 The Lord of armies *is with us; The God of Jacob is our stronghold.* (NASB)

**Question - What does it mean to be s[ll according to this passage?**

- Be SAll – "rapa": stay, cease, forsake, weaken, stay, abate.
- Know – yada: declare, perceive, acknowledge, consider, declare, teach.

The command to "be sAll" comes from the Hebrew word "rapha" which means to be weak, to let go", or to release. God is charging us in verse 11 to yield control; we need to get to a place in our walk with God where we are totally yielded, where we surrender our life and desires to God knowing that God is in control as the Lord of Host, our help, our refuge and our strength.

**Things that happen when we are s[ll before God:**

- 1. Realiza[on of His Presence**
- 2. Recogni[on of His Power**
- 3. Prepara[on for Baile**
- 4. Iden[fica[on of Purpose**
- 5. Clarifica[on of Assignment**
- 6. Actualiza[on of Promise**
- 7. Restora[on of Peace**

**Psalm 4:4** "Be angry, and do not sin. Meditate within your heart on your bed and **be s[ll.** (NKJV) **Isaiah 26:3"**

You will keep in perfect peace those whose minds are steadfast, because they trust in you." (NIV)

**Revela[on 3:20** "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. (NIV)

**Psalm 119:15-16** “I will study your commandments and reflect on your ways. <sup>16</sup> I will delight in your decrees and not forget your word. (NLT)

**Zechariah 2:13** “Be silent, all flesh, before the Lord, for He is aroused from His holy habitation!” (NKJV)

**Psalm 27:13-14** “I remain confident of this: I will see the goodness of the Lord in the land of the living.  
<sup>14</sup> Wait for the Lord; be strong and take heart and wait for the Lord. (NIV)