

The background is a deep red color with a subtle, textured pattern. In the top right and bottom left corners, there are decorative floral and scrollwork patterns in a slightly darker shade of red. The word "PSALMS" is centered in the middle of the page.

PSALMS

Psalm 46

“Help In Trouble”

*Where do you look for escape,
protection, and hope?*

“Help in Trouble”

1. Refuge (Not Fear) - 1-3

“God is our refuge ... Therefore we will not fear”

2. River (Not Moved) – 4-7

“There is a river whose streams ... she shall not be moved”

3. Rest (Not Fighting) – 8-11

“He makes wars cease ... Be still, and know that I am God.”

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“Refuge gives the defensive or external aspect of salvation: God the unchanging, in whom we find shelter.

Strength probably implies the dynamic aspect:

God within, to empower the weak for action.

Both are summarized in the words, *a very present help in trouble...*”

- Kidner, Psalms

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“What are these streams of the river? That overflowing of the Holy Spirit, of which the Lord said, “If any man thirst, let him come unto Me, and drink. He that believeth on Me, out of his bosom shall flow rivers of living water.”

- Augustine

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Where do you look for help in trouble?

“Other refuge have I none,
Hangs my helpless soul on Thee;
Leave, oh, leave me not alone,
Still support and comfort me.
All my trust on Thee is stayed,
All my help from Thee I bring;
Cover my defenseless head
With the shadow of Thy wing.”

- Charles Wesley