



### “BE STILL...” – PSALM 46

- I. INTRODUCTION: “SELAH”...71 times used in the Psalms...
- A. To the chief musician...a musical term...stop here...
  - B. To us in application...
    - 1. Pause here...
    - 2. Reflect in meditation (Josh. 1:8-9; Ps. 1)
      - a. Where do I turn \_\_\_\_\_ in days of trials?
      - b. How big is my God?
      - c. Am I really growing in the grace of trusting Him alone? (2 Pe. 3:18)
      - d. Am I frequently consumed with worry, allowing my fears to seduce my \_\_\_\_\_? (Phil. 4:6-7)
        - i. Often jumping to conclusions...because I’m not walking by faith
        - ii. Often making judgments based on appearances...because I’m not running the race as I should be...following Jesus fully
      - e. Do I realize a faith that can’t be tested, can’t be trusted?
  - C. A song upon Alamo...subtitle...meaning “hidden”
    - 1. God promises hidden treasures to those having faith (Isa. 45:3)
    - 2. A pilgrimage song, remembering His faithfulness to His children of covenant
    - 3. Ps. 46, 47, 48...all victory songs of \_\_\_\_\_ anticipation...(Isa. 45:7)
- II. INSTRUCTION: “BE STILL”...
- A. For I AM present always...(v1-3)
    - 1. As our personal refuge (61:2)...embracing arms of intimacy (Jas. 4:7-8)...v1
      - a. As Rock of Ages...God...Elohim...living mighty God!
      - b. Rare in Middle East...Rock of shade from heat of this world...
      - c. “Our”...emphatic pronoun...ours alone, \_\_\_\_\_ protection
      - d. Corey Ten Boom in Nazi death camp...hope! (Heb. 6:19)
    - 2. As our personal strength (Phil. 4:13)
      - a. Training us to be \_\_\_\_\_ (2 Tim. 2:1)
      - b. Teaching us to be content (Phil. 4:11)
      - c. Telling us where to find rest for our \_\_\_\_\_ (Mt. 11:28-30)
        - i. Very present help in trouble...history of faithfulness (Lam. 3)
        - ii. Heb. 13:5, 8
    - 3. “Therefore”...v2-3
      - a. Faith that crucifies fears (Gal. 6:14)



## PSALMS: Songs of the Heart

Pastor Rory Wineka ~ Sunday, August 2, 2009



- i. By boasting in our weakness
    - ii. 2 Cor. 12:9-10
  - b. Though the world is falling apart (Jn. 16:33; Rev. 16:20)
    - i. His eyes are upon me \_\_\_\_\_ (2 Chron. 16:9)
    - ii. He grants divine enablement (2 Pe. 1:3-4)
    - iii. So I don't fall apart...Acts...standing on the promises of God
      - a) 2 Cor. 1:20
      - b) Ps. 119:11
  - c. APPLICATION...God uses natural disasters as a wakeup \_\_\_\_\_ (Ps. 19)
- B. For I AM powerful always (v4-7)
  1. The power of God's help, pictured by a river (v4)
    - a. No river in Jerusalem...
    - b. But Jesus offered living water!
      - i. Streams flowing from within the soul thirsting for God
      - ii. Ps. 63:1-2; Jn. 4 and 7
      - iii. Rivers of \_\_\_\_\_ for the soul that make glad; joy: eternal, internal
      - iv. Creating holy appetite (Jn. 15:7, 11)
      - v. Tabernacle of the Most High = Jesus
        - a) Run to Him
        - b) Find your joy in Him (Jn. 16:22, 24)
  2. The power that's immovable (v5)
    - a. God in the midst of His people (Mt. 18)...candlesticks of Rev. 2-3
    - b. As we pray effectually (Jas. 5:16-17)...on holy ground...(Lk. 18:8)
    - c. As God always helps right early...our burning \_\_\_\_\_
      - i. As we gather manna in the morning...(108:2; 119:147)
      - ii. As we seek Him with all our hearts (Jer. 29:11-13)
      - iii. As we persevere in sacrificial \_\_\_\_\_ (I Cor. 15:57-58)
      - iv. As we trust Him when He "seems" late (Jn. 11)
  3. The power to make the earth that mocks Him, melt in \_\_\_\_\_ (v6)
    - a. Rahab (Josh. 2)
    - b. Soldiers falling over in Gethsemane...
    - c. Ps. 2:1-2
  4. The power to move angel armies, as Lord of hosts (v7)
    - a. As God of Jacob, weak saints...you wrestling with God right now?
    - b. Hezekiah's faith-builder (Isa. 37)
    - c. Selah..."A Mighty Fortress is our God"...hymn-Martin Luther



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- i. Strength to oppose the Catholic Church...Wittenberg door
  - ii. Strength to stand on the Word of God (2 Chron. 20)...as the battle is God's alone to be \_\_\_\_\_!
- C. For I AM purposeful always (v8-11)
1. Come...behold...v8-9
    - a. Listening in v6...ears to hear, the still small \_\_\_\_\_ of conviction
    - b. Watching in v8...circumspectly keenly aware of the battle
      - i. Choosing to \_\_\_\_\_ (Prov. 3:5-6)
      - ii. Choosing to be the victor, not the victim (Heb. 12:1-2)
    - c. Desolations...vengeance is Mine saith the Lord...
      - i. Midianites
      - ii. Goliath
  2. Come to the throne of grace...be still (v10)
    - a. Know experientially (Ro. 8:31)
    - b. The "I AM" will be exalted (Rahab-Josh 2)
    - c. Cf. Nebuchadnezzar...Daniel lions den, Shadrach, etc.
  3. The God of angel armies is watching...eye upon the sparrow (Mt. 6)...v11
    - a. And Jesus is \_\_\_\_\_...
    - b. Heb. 7:25
  4. Selah...stay in the good yoke of sufficient grace
    - a. Stay out of the \_\_\_\_\_ yoke of unbelief
    - b. Deut. 28:48
    - c. Jer. 28:14-17
    - d. APPLICATION: parenting...if your motive's right, though your method may be wrong, RELAX...God will still sovereignly \_\_\_\_\_ your children and teens

### III. INSIGHT – APPLICATIONS...“BE STILL” ...

- A. Obedience removes the fear of \_\_\_\_\_ (Prov. 1:33) as it quiets the soul daily
  1. Roots the heart with deep trust (Ps. 42:7)
  2. Gives peaceful discernment in decision-making (Ps. 25:12-13)
- B. Sound wisdom enables daily discretion so you \_\_\_\_\_ well at night (Prov. 3:21-24)
- C. Resting in abiding \_\_\_\_\_ assures God's holy protection over you (Ps. 91:1)
- D. The key is letting God's Word sustain you daily (Isa. 41:10)
  1. Faith overcomes fear for the trusting soul (Jer. 6:16)
  2. I Jn. 4:4