

God Is (Psalm 46)

August 23, 2026 – Steven Shalita

Truro Church

Psalm 46

- ¹ God is our refuge and strength,
a very present help in trouble.
- ² Therefore we will not fear though the earth give way,
though the mountains be moved into the heart of the sea,
- ³ though its waters roar and foam,
though the mountains tremble at its swelling. *Selah*
- ⁴ There is a river whose streams make glad the city of God,
the holy habitation of the Most High.
- ⁵ God is in the midst of her; she shall not be moved;
God will help her when morning dawns.
- ⁶ The nations rage, the kingdoms totter;
he utters his voice, the earth melts.
- ⁷ The LORD of hosts is with us;
the God of Jacob is our fortress. *Selah*
- ⁸ Come, behold the works of the LORD,
how he has brought desolations on the earth.
- ⁹ He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.
- ¹⁰ “Be still, 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 fortress. *Selah*

Source: [Psalm 46 ESV - God Is Our Fortress - To the - Bible Gateway](#)

Discussion & Reflection Questions

- 1) Steven identified four ways that Psalm 46 describes God: refuge, strength, present (involved), and help. Which one resonates most with you at this time of your life?
- 2) How did Steven interpret the phrase “city of God” in verse 4?
- 3) Steven talked about how we tend to run from our troubles.
 - a) What do you find yourself running from?
 - b) What activities do you engage in to avoid what you’re running from?
 - c) The psalmist describes God as a fortress. What would it look like if you allowed God to be the fortress into which you run?
- 4) In v. 10, the LORD (through the psalmist) says, “Be still and know that I am God.”
 - a) Steven cautioned us not to think of stillness as being like a statue. How did he describe what it means to be still before God?
 - b) Recall a time when you may have tried to help God instead of being still. How did go?
 - c) In what areas of your life might God be calling you to be still?
 - d) With a partner, generate some ideas for developing the practice of being still. Choose an option, commit to your partner to try it for a week or so. When you meet with your partner again, report back about your experience.

Sermon

The sermon is posted at [Sermons - Truro Anglican Church](#).