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Psalm 46:

Fear can be the outcome when trouble finds us. Fear is good when it protects us. If it paralyzes us, it is bad. Some people deny their fear only to complicate it, which can lead to withdrawal, substance abuse and other means of harm. Some people run from fear only to find they run into more fear. Some determine to face their fear.

In Psalm 46 the Psalmist faces his fear.

When troubling times come don't be afraid:

We have a refuge (1-3)

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

We have a source of security (4-7)

- ⁴ There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
⁵ God is within her, she will not fall;
God will help her at break of day.
⁶ Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.

We have a fortress (8-11)

- ⁷ The LORD Almighty is with us;
the God of Jacob is our fortress.

⁸ Come and see what the LORD has done,
the desolations he has brought on the earth.
⁹ He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields^[d] with fire.
¹⁰ He says, "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 Almighty is with us;
the God of Jacob is our fortress.

Troubling times come. Storms swirl around us. Fear is real. We can deny it. We can attempt to run from it. We can face it. The Psalmist faces his fear. He confronts it with the reminder that God is our refuge, the source of our security and our fortress.

Practical Help:

Pray/Be Still

Philippians 4:6-7, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Read the Bible – over 300 times we are encouraged not to be afraid.

In John 14:27 Jesus said, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Seek to live in community with others. We are not meant to do life alone.

Hebrews 10:24-25, "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."

Verbalize your fear(s) to a trusted friend.

Galatians 6:2, "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Focus

Philippians 4:8-9, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you."