**BMBC SERMONIC BIBLE STUDY**

**LET’S LEARN DEEPER AND PRESS TO DO BETTER.**

**KEEP YOUR EYES ON GOD**

**4/24/2024**

Psalm 46 encourages us to hope and trust in God, His power, His providence, and His gracious presence with His church in the worst of times; He, additionally directs us to give Him the glory of what He has done for us and what He is still capable of doing… WHEN YOU KEEP YOUR EYES ON HIM.

God is The God of restoration THAT SEES YOU!!!   He sees you in the midst of the calamities of life and He seeks to restore you in what should be the strength of your faith.

**GOD’S RESTORATION COMES FROM GOING THROUGH...**

**GOD’S RESTORATION COMES FROM GOING THROUGH...**

READ IT, WRITE IT AND SAY IT…AS OFTEN AS NECESSARY FOR YOU TO BELIEVE IT!

Psalm 46 is divided into three stanzas, each ending with the mysterious Hebrew word “Selah.” “Selah” was most likely originally a musical notation indicating a pause in the music for contemplation on what was just sung. You might translate it “**PAUSE AND THINK ABOUT IT**”!

As the first stanza begins, we are reminded of God’s abundant and immediate help, even though all nature is in opposition to us. On the basis of the Lord’s strength, the psalmists proclaim that they will not fear, though the mountains fall into the sea. Selah.

The second stanza brings us by the river of God’s presence to the temple of the Lord in His city. The fact of His presence is the source of her security. The physical temple looks forward to the eschatological kingdom (End Time Kingdom) [(Rev. 22:1)](https://www.biblegateway.com/passage/?search=revelation+22%3A1&version=NASB), where the water of life proceeds from GODS’ throne. Before that time, the surrounding nations will make war, but when God shouts, they will fall. God’s role as the stronghold is truly a stronghold. Selah.

The final stanza calls us to see and know the mighty works of God. These works are presented as desolations — the ruins of the nations who oppose Him. The promise is given of God’s bringing about an everlasting peace by His might, breaking the weapons and burning the chariots. All the nations are called to be still (cease striving), and to know that He alone is God, and He will be exalted above all others. The Psalm ends with the assurance of His refuge as the fortress of Israel. Selah.

**KEEP YOUR EYES ON GOD**

Psalm 46 is one of the Songs of Zion, a psalm that celebrates God’s presence in the temple on Mount Zion, a presence that promised security and blessing to God’s people. But this promised security and

blessing is written during a time of catastrophe and enemies attacking. No matter what situation we find ourselves, Psalm 46 was written in extreme adversity where God had to provide deliverance. And if there is a time that we are facing extreme trouble it is now and it increases with every passing day.

**QUESTION:**

**In what ways does it feel to you like our world is being turned upside down right now?**

1  CLIMATE CHANGE

2  GENDER EQUALITY

3 RELIGION

4 MENTAL HEALTH

5 GOVERNMENT

6 REDUCING WAR

**QUESTION:**

**Has there been a time in your life, unlike now,  where everything seemed to be out of your control? Do you remember what helped you through that/those situation(s)?**

**KEEP YOUR EYES ON GOD**

**SERMONIC POINTS**

**1 GOD IS…**

 FULL AFFIRMATION: REFUGE, STRENGTH AND HELP

**2 BE STILL**

 THE PHRASE “BE STILL” USES A HEBREW TERM WHICH CAN BE RENDERED AS “RELAX”, “LET

 GO”, OR “STOP”.  IT IMPLIES AN ACT OF SURRENDER- A RELEASE OF STRIVING AND HOSTILITY.

**Psalms 46**

**1 God is our refuge and strength, a very present help in trouble.**

**2 Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;**

**3 Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.**

**4 There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High.**

**5 God is in the midst of her; she shall not be moved: God shall help her, and that right early.**

**6 The heathen raged, the kingdoms were moved: he uttered his voice, the earth melted.**

**7 The LORD of hosts is with us; the God of Jacob is our refuge. Selah.**

**8 Come, behold the works of the LORD, what desolations he hath made in the earth.**

**9 He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire.**

**10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.**

**11 The LORD of hosts is with us; the God of Jacob is our refuge. Selah.**

**Psalms 46:1**

**God is our refuge and strength, a very present help in trouble.**

**WHAT IS A REFUGE?**

A refuge is a place, shelter, city or even hope that provides safety and protection. In times of trouble, when we feel overwhelmed or threatened, God is our secure hiding place. He offers us shelter from the storms of life, a haven where we can find solace and peace.

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**Psalms 46:2**

**2 Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;**

**Psalm 46:1-2 reminds us that in God**, we have an unshakeable refuge, an unfailing strength, and an ever-present help. As you meditate on these verses, draw near to God, trusting Him with your worries and finding solace in His presence. You can approach each day with the confidence that, regardless of the circumstances, you are secure in God's arms.

**What is Psalm 46 2 MSG?**

**1 God is a safe place to hide, ready to help when we need him. 2 We stand fearless at the cliff-edge of doom, courageous in seastorm and earthquake,**

Everything that was once stable is about to no longer be stable.

Everything that was once upright may soon collapse.

Nothing is left standing. Sounds scary!

**THOUGHTS?**

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As we are today, the economy may crash. The stock market may collapse. Your retirement portfolio may shrink. When the mountains around you slip into the sea, it is as though your life is imploding. We all will face such difficult times in our today and future fallen world.

**KEEP YOUR EYES ON GOD**

Psalms 46:3-8

3 Though the **waters thereof roar and be troubled**, though the **mountains shake** with the swelling thereof. Selah.

4 **There is a river**, the streams whereof shall make glad the **city of God**, the **holy place of the tabernacles** of the most High.

5 **God is in the midst of her**; she shall not be moved: God shall help her, and that right early.

6 The **heathen** raged, the kingdoms were moved: he uttered his voice, the earth melted.

7 The **LORD of hosts** is with us; the God of Jacob is our refuge. Selah.

8 Come, behold the works of the LORD, what desolations he hath made in the earth.

9 **He** **maketh** wars to cease unto the end of the earth; **He breaketh** the bow, and **cutteth**the spear in sunder; **He burneth** the chariot in the fire.

**Psalms 20:7-8**

**7 Some trust in chariots, and some in horses: but we will remember the name of the LORD our God. 8 They are brought down and fallen: but we are risen, and stand upright.**

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**SERMONIC CONTEXT VOCABULARY:**

**River**, and its streams or divisions, as point out various people who should be converted to the faith, and therefore make the city of God, Jerusalem, glad, by their flowing together to the worship of the true God.

 -Our unified efforts, to please God, makes the city of God glad.

**Tabernacle(s)**, (“dwelling”), in Jewish history, the portable/movable sanctuary/temples constructed by Moses/by the Holy Spirit as a place of worship for the Hebrew tribes/church of today during the/a  period of wandering.

 -The three parts of the tabernacle include the outer court, the Holy Place and the Holy of Holies.

**Most High** - Elyon or El-Elyon is a descriptive word that appears in the Hebrew Bible. Ēl ʿElyōn is usually rendered in English as "God Most High"

 -Selah

**Midst**, the word midst in the Hebrew is the word is tavek. This word means midst, middle, into, through, among, in-between and even the center.

 -In every crevice of life, God is there

 -right early. Daybreak is the time when the city would be most vulnerable to a surprise attack. In  such times, God was immediately present to be their help. Whenever you are the most defenseless,  God will remain the guardian of your soul. Whenever your guard is down, He remains alert and

 ready to come to your aid.

**Her**, refers to Gods’ chosen people

**Heathen**, Godless people

**Lord of Hosts**, In the Bible, God is described as the “Lord of Hosts.” He not only commands and controls the entire universe and its many celestial bodies ([Isaiah 40:26](http://www.christianity.com/bible/search/?ver=niv&q=isaiah+40:26)), but He also has a myriad of angel armies ([Joshua 5:14-15](http://www.christianity.com/bible/search/?ver=niv&q=joshua+5%3a14-15); [Psalm 103:21](http://www.christianity.com/bible/search/?ver=niv&q=psalms+103:21)) and is described as controlling human armies as well…

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**Psalms 46:10-11**

**10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. 11 The LORD of hosts is with us; the God of Jacob is our refuge. Selah.**

**RELAX**

**FIND PEACE IN GODS’ POWER**

Psalm 46:10 is **a command from God to stop our futile efforts in dealing with things that are His domain.**  He commands us to put down our weapons of war and stand in awe of Him and His mighty power. As God, He is sovereign, faithful, omnipotent and unfailing. When all nations of the world see the power of God, they will exalt and honor Him as the one true God.

**We are to stop fighting in our strength and surrender to Him who will help us fight our battles.**

Many times **we fight battles** in our own effort and grow weary and give in to defeat. This happens because we are fighting a battle **that requires God's intervention**. He is the one who is undefeated and can conquer any enemy or threat to us.

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**Study Prayer:**

**Dear Heavenly Father,**

**You are the One I come to when the world around me is seemingly falling apart. You alone are my refuge and my strength. Help me to rely on that truth.  In times of trouble, You have always helped me. You have never failed me. You are trustworthy. Because of Your faithfulness, though I may begin to fear in times of unrest and uncertainty, I put my hope and trust in You knowing You will quiet my anxiety.**

**Dear God forgive me because I did not come to you first in times of stress, trouble and anxiety. Forgive me for going to other people or things, that clearly I should have brought to you. I’ve taken my eyes off of you…but I thank you for better understanding of how to keep my eyes on you. As I ask forgiveness for me, I also ask in the gap for others…Thank you, Father for hearing my prayer and I ask all these things, in Jesus name, Amen!**