

# Crucible of Extreme Adversity

Whatever is happening right now in your life, you can totally trust in Him and depend on Him for He is your ever present help in trouble. You can cry out with complete dependence to Him in anything situation.

When you are desperate, God is not.

When you are uncertain, God is not.

When you are surprised at the turn of events in life, God is NOT!

Psalm 46:1, “ God is our refuge and strength, an ever-present help in trouble.” This Psalm specifically speaks on how to overcome feelings of concern when you are in uncertain or painful places. It is loaded with insight for your benefit and can guide you in difficult times. If God has you someplace, you can guarantee He will take care of you. Look at the background on on Psalm 46:

“Psalm 46 was written out of the crucible of extreme adversity from which God had provided deliverance. It relates to anyone who is in a time of trouble, or to anyone who will face trouble, no matter how extreme, in the future. This psalm was written at the time when King Hezekiah of Judah was surrounded by the army of Sennacherib, King of Assyria. Forty-six towns and villages in Judah had been sacked. Over 200,000 residents had been taken captive, along with much spoil. At least 185,000 troops surrounded Jerusalem, and it looked like only a matter of time before the city fell. But proud Sennacherib did not reckon with the fact that Hezekiah’s God was the living God who would not be mocked. Hezekiah prayed, God spoke, and in one night the angel of the Lord defeated Sennacherib by killing 185,000 of his soldiers (2 Kings 18-19; 2 Chronicles 32; Isaiah 36-37). <https://bible.org/seriespage/psalm-46-our-sufficient-god>

What does ever present means?

- “Ever” is an adverb and means: at all times; always: continuously; at any time.
- “Present” in this Psalm is an adjective and means: being, existing, or occurring at this time or now; current: at this time; at hand; immediate: for current use.

Are you feeling surrounded like Hezekiah was? May you be able to say, “When I am afraid I will trust in You. Why should I be concerned? I will praise Your Word. I will boast of Your greatness, I will exalt Your name for You freed me from all my fears.”

Remember you cannot change most of your circumstances, but you can sure keep your faith in Him while you walk it out! And that, my friends, makes all the difference in how you finish!

Rev. Dr. Gina Cobb  
May 8, 2019