

# What do you do in times of turmoil?

## Sunday 15<sup>th</sup> March 2020

### Psalm 46

Background: Written most likely in time of Hezekiah (2 Kings 18-19, 2 Chron 32 & Isa 36-37) when the nation of Israel was under siege from the king of Assyria.

#### 1. Take refuge in God

*"God is our refuge and strength, always ready to help in times of trouble. <sup>2</sup>So we will not fear when earthquakes come and the mountains crumble into the sea. <sup>3</sup>Let the oceans roar and foam. Let the mountains tremble as the waters surge!" Psalm 46:1-3*

*"The Lord of Heaven's Armies is here among us; the God of Israel is our fortress." Psalm 46:7 & 11*

#### 2. Be refreshed by God

Jerusalem was unusual for its time as it was not built on a river. Hezekiah knew the importance of water, especially if you come under attack from an enemy. Therefore, he built an underground water system which connected the Spring of Gihon in the Kidron with the Pool of Siloam to make water available (2 Kings 20:20 & 2 Chron 32:30)

*"A river brings joy to the city of our God, the sacred home of the Most High." Psalm 46:4*

*"You feed them...letting them drink from your river of delights. <sup>9</sup>For you are the fountain of life" Psalm 36:8b-9a*

*Jesus stood and shouted to the crowds, "Anyone who is thirsty may come to me! <sup>38</sup>Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.'" John 7:37-38*

#### 3. Come see, God's power

*"Come, see the glorious works of the Lord: See how he brings destruction upon the world." Psalm 46:8*

*"The nations are in chaos, and their kingdoms crumble! God's voice thunders, and the earth melts!" Ps 46:6*

#### 4. Go bless, in God's strength

*"I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others. <sup>3</sup>I will bless those who bless you and curse those who treat you with contempt. All the families on earth will be blessed through you." Gen 12:2-3*

#### 5. Be still and in awe of God

*"Be still, and know that I am God! I will be honoured by every nation. I will be honoured throughout the world." Psalm 46:10*