

*God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. Selah*  
*Psalm 46:1-3 (NIV)*

## **Help In Trouble**

**What do you fear? What makes you afraid?** I fear failure more than anything. Sometime I am almost paralyzed by my fear of failure. It is no small thing. I can't tell you how many times I haven't moved forward on something because I was afraid that I might fail. **You can tell me. It wouldn't come as news to me. Yes, I know that fear of failure is a big issue in your life. It fills you with anxiety.** Yes, it does.

**Would you like to free of this fear of yours? Would you like to leave fear, worry and anxiety behind you?** Yes, I would. **Do you believe that I have the power to set you free?** Yes Lord, I believe. If there is any doubt in me, then I also believe that you will help me with my unbelief. **Yes, I will. Is there any reason why you might think that you are unworthy of my setting you free from fear, worry and anxiety?** No, there is none. I know you are my Heavenly Father. I am your beloved child. You have already gone to great lengths to show me the depths of your love. **Yes, I have. Is there any reason why you might think that I might be unable to set you free from fear, worry and anxiety.** No, there is none. You have already set me free from sin. You broke the power of sin over my life and have enabled me to live a new life in you. **Yes, I have. Being free from fear, worry and anxiety is part of the new life I want you to live.**

**There is a battle going on related to your fear, worry and anxiety. Do you know where that battle is being fought?** Yes, I do, the battle is being fought in my heart and mind. **That is exactly right. Are you winning or losing the battle of fear, worry and anxiety that is going on in your mind?** So far, I would say that I am losing. I'm glad that you said, "so far" because the battle isn't over. **It doesn't work to tell yourself to just stop being fearful, worrisome, or anxious does it?** No, it doesn't. The more I tell myself to stop, the less able I am to stop. **We have been through this together before related to another issue, isn't that true?** Yes, it is. **You were in bondage to something else that you couldn't stop isn't that true?** Yes, it is. **Do you have any difficulty anymore with that issue that had so ensnared you?** No, I don't.

**How have I set you free in the past?** Your word has set me free. Your word has changed my heart and transformed my mind. Your word has cleansed my life. Your word has given me the strength to obey you. The Holy Spirit has used your word to fight in me, with me and for me. **Just as my word has set you free in other areas so will it also set you free from fear, worry and anxiety. Does my word have anything to say about fear, worry and anxiety?** Yes, it does. **Feast on those words of mine. Take them into your heart and mind. Meditate on these words of mine day and night. Let them dwell in you richly. Let my word change your heart and transform your mind in regard to fear, worry and anxiety.** Yes Lord, I will. **Then you will know the truth and the truth will set you free. I am your refuge and strength. I am here to help you. Rely on me.** Yes Lord, I will.

*Lord, I have often relied on myself in fearful situations in life. What a mistake that has been. You are my refuge and strength. You are worthy of all my trust. I will rely on you to lead me through every fearful circumstance in life. Amen*

**Promises** *An Ever Present Help*

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. Selah

NIV Psalm 46:1-3

**Promises** *Always Ready To Help*

God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea. Let the oceans roar and foam. Let the mountains tremble as the waters surge! Interlude

NLT Psalm 46:1-3

**Promises** *A Very Present Help*

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult. Selah

NRSV Psalm 46:1-3

**Promises** *A Very Present And Well-Proved Help*

GOD IS our Refuge and Strength [mighty and impenetrable to temptation], a very present and well-proved help in trouble. Therefore we will not fear, though the earth should change and though the mountains be shaken into the midst of the seas, Though its waters roar and foam, though the mountains tremble at its swelling and tumult. Selah [pause, and calmly think of that!]

AMP Psalm 46:1-3

**Promises** *A Very Present Help*

God is our refuge and strength, A very present help in trouble. Therefore we will not fear, though the earth should change And though the mountains slip into the heart of the sea; Though its waters roar and foam, Though the mountains quake at its swelling pride. Selah.

NASB Psalm 46:1-3

**Promises** *A Very Present Help*

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. Selah

ESV Psalm 46:1-3

**Promises** *A Very Present Help*

God is our refuge and strength, A very present help in trouble. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, Though the mountains shake with its swelling. Selah

NKJV Psalm 46:1-3

**Promises** *A Safe Place To Hide*

A song of the sons of Korah God is a safe place to hide, ready to help when we need him. We stand fearless at the cliff-edge of doom, courageous in seastorm and earthquake, Before the rush and roar of oceans, the tremors that shift mountains. Jacob-wrestling God fights for us, GOD of angel armies protects us.

MSG Psalm 46:1-3

**Promises** *A Tested Help*

God is our refuge and strength, a tested help in times of trouble. And so we need not fear even if the world blows up and the mountains crumble into the sea. Let the oceans roar and foam; let the mountains tremble!

TLB Psalm 46:1-3

**Promises** *Our Protection And Strength*

For the director of music. By alamo. A psalm of the sons of Korah. God is our protection and our strength. He always helps in times of trouble. So we will not be afraid even if the earth shakes, or the mountains fall into the sea, even if the oceans roar and foam, or the mountains shake at the raging sea. Selah+

NCV Psalm 46:1-3

# An Ever Present Help

Year \_\_\_\_\_ Week \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

**Promises** – Psalm 46:1-3

**In Context:** Read Psalm 46

**Begin With Prayer:**

***Here I am Lord. I Am Listening.***

**Meditating On God's Word:** ***(What is God speaking to your heart?)***

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. Selah  
Psalm 46:1-3 (NIV)

**Considering The Words:** ***(What words speak to your heart?)***

God is | our refuge | and | strength, | an ever-present help | in trouble. | Therefore | we will | not fear, | though | the earth | give way | and | the mountains | fall into | the heart | of the sea, | though | its waters roar | and | foam | and | the mountains quake | with | their surging. Selah Psalm 46:1-3 (NIV)

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**Praying The Scripture:** ***(What prayer from your heart will you write?)***

Lord, I have often relied on myself in fearful situations in life. What a mistake that has been. You are my refuge and strength. You are worthy of all my trust. I will rely on you to lead me through every fearful circumstance in life. Amen

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**What It Means:** ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

What have been some fearful situations that you have gone through in life?

When are you most likely to be afraid and in a fearful situation?

When have you foolishly relied solely on yourself in a fearful situation?

**How has relying on God helped you to fearlessly face fearful situations in life?**

**When have you asked God to help you when you were in a fearful situation?**

How has God been your refuge and strength in the midst of fearful situations?

**Why are you confident that you can rely on God to help you through fearful situations?**

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**Living It Out:** ***(What action step is God guiding your heart to take?)***

Rely on God as your refuge and strength as you go through fearful situations in life.

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**Seeing It Happen:** ***(What are you trusting God for in your heart?)***

Have faith that God will be ever present with you to help to be fearless through fearful situations in life.

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**Get Ready To Share:** ***(What can you share with others from your heart?)***

Share with another person or your small group how God has been your refuge and strength through a fearful situation.

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**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*With An Attitude Of Faith Listen To What The Lord Wants To Say To You*

Adoration... \_\_\_\_\_

Thanksgiving... \_\_\_\_\_

Confession... \_\_\_\_\_

Intercession... \_\_\_\_\_

Petition... \_\_\_\_\_

**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

*(What Prayer Of Blessing Can You Pray For Another?)*

*May you rely on God's ever present help as you go through troubles in life.*

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**Prayer To Carry**

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Lord, thank you that I can always rely on your ever present help in times of trouble.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how can I rely on your ever present help I will need from you today?*

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