



THEREFORE WE WILL **NOT** FEAR

## 1. God is our refuge and strength, 46:1-3.

- (Psalm 46:1–3 LSB) God is our refuge and strength, A very present help in trouble. 2 **Therefore we will not fear, though the earth should change** And **though** the mountains shake into the heart of the sea; 3 **Though** its waters roar and foam, **Though** the mountains quake at its lofty pride. Selah.

### a. **Statement of fact #1: God is ...**

- (Genesis 1:1 LSB) **In the beginning God** created the heavens and the earth.

### b. **Statement of fact #2: God is our ...**

**Our** – the first person plural possessive determiner; it means belonging to or associated with the speaker and one or more other people previously mentioned or easily identified; belonging to or connected with you and the group that you are a part of.

**Our** – in this text identifies the people of God; those who have put their faith in God and have received forgiveness of sins and the gift of eternal life.

### c. **Statement of fact #3: God is our refuge and strength.**

**Refuge** – something or someone turned to for assistance or security. It is refuge and shelter from rain or storm, from danger; from falsehood.

**Strength** – the property of being physically or mentally strong. It signifies might, strength; material or physical; personal or social or political.

### d. **Statement of fact #4: God is a well proved, present help in times of trouble.**

**Help** – to give or provide what is necessary to accomplish a task or satisfy a need.

**Trouble** – an event causing distress, pain, anguish.

- (Psalm 145:18 LSB) Yahweh is near to all who call upon Him, To all who call upon Him in truth.
- (Genesis 15:1 LSB) After these things the word of Yahweh came to Abram in a vision, saying, “**Do not fear, Abram, I am a shield to you; Your reward shall be very great.**”
- (Deuteronomy 31:8 LSB) And Yahweh is the one who goes ahead of you; He will be with you. **He will not fail you or forsake you. Do not fear or be dismayed.**
- (Isaiah 41:10 LSB) **Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will make you mighty, surely I will help you; Surely I will uphold you with My righteous right hand.**

- (Psalm 78:52–54b LSB) **But He led forth His own people like sheep And guided them in the wilderness like a flock;** 53 He led them safely, **so that they did not fear;** But the sea covered their enemies. 54 So He brought them to His holy land.

e. **Therefore ... we will not fear.**

f. **Even if ... cataclysmic events change the earth and our lives, we will not fear.**

## EXCURSUS: HOW DO WE GET TO ...

“**THEREFORE WE WILL NOT FEAR**”

We need to answer three questions: What is fear?  
What causes fear? How do we not fear?

### I. What is fear?

**Definition:** Fear is an unpleasant often strong emotion caused by anticipation of, or awareness of, danger; a distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; a feeling of disquiet or apprehension.

**A very basic working definition:** Fear is a distressing emotion precipitated by a person anticipating life events or circumstances not turning out in the good way in which he or she had planned or hoped.

**Fear ...** Heb. yaw-ray and means to fear, be afraid; also speaks of reverence, astonishment, awe; be held in awe.

**Fear ...** Gk. φοβέω [phobeo] and means to put to flight by terrifying; to scare away, be afraid; seized with alarm; struck with amazement; to reverence, venerate.

### II. What is the primary, underlying cause of fear?

- a. A broken relationship with our Creator is the most basic, underlying cause of all our fears.
- b. Adam is our example—he broke his relationship with his Creator when he disobeyed his command.
- c. His relationship with his Creator instantly changed from life to death and from fellowship to fear
- d. So the next time God came to visit, he found Adam hiding behind the trees.
  - (Genesis 3:7–10 LSB) And the eyes of both of them were opened, **and they knew**

**that they were naked**; and they sewed fig leaves together and made themselves loin coverings. 8 Then they heard the sound of Yahweh God walking in the garden in the cool of the day, and the man and his wife **hid themselves from the presence of Yahweh God** in the midst of the trees of the garden. 9 Yahweh God called to the man and said to him, “Where are you?” 10 And he said, “I heard the sound of You in the garden, **and I was afraid because I was naked**; so I hid.”

**e. Adam and Eve lost the glory of their relationship with God and were now naked and afraid.**

- (Psalm 8:5 ESV) Yet you have made him a little lower than the heavenly beings **and crowned him with glory and honor**.
- (Hebrews 4:13 ESV) And no creature is hidden from his sight, **but all are naked and exposed to the eyes of him to whom we must give account**.

**III. The antidote—How do I not fear?**

**a. Accept and live by God’s plan for my life.**

**b. Know scripturally and experientially that God will work out his plan for my life for good.**

- (Romans 8:28 LSB) And **we know that for those who love God all things work together for good**, for those who are called according to His purpose.

**c. Know scripturally and experientially that God’s plan for my life will far exceed any plan I could ever come up with.**

- (1 Corinthians 2:9 ESV) But, as it is written, “What no eye has seen, nor ear heard, **nor the heart of man imagined, what God has prepared for those who love him**”—

**d. Know scripturally and experientially that God saves me completely, perfectly and forever.**

- (Hebrews 7:25 AMP) **Therefore He is able also to save to the uttermost (completely, perfectly, finally, and for all time and eternity)** those who come to God through Him, since He is always living to make petition to God and intercede with Him and intervene for them.

—END EXCURSUS—

**2. The holy places of God will not be shaken, 46:4-7.**

- (Psalm 46:4–7 LSB) There is a river whose streams make glad the city of God, The holy dwelling places of the Most High. 5 God is in the midst of her, **she will not be shaken; God will help her when morning dawns**. 6 The nations roar, the kingdoms shake; He gives His voice, the earth melts. 7 Yahweh of hosts is with us; The God of Jacob is our stronghold. Selah.

**a. Our eternal destiny as believers in Jesus Christ is the glad city of God—Jerusalem.**

- (Revelation 21:1–2 LSB) Then I saw a new heaven and a new earth; for the first heaven and the first earth passed away, and there is no longer any sea. 2 **And I saw the holy city, new Jerusalem, coming down out of heaven from God**, made ready as a bride adorned for her husband.
- (Philippians 3:20 LSB) For **our citizenship is in heaven**, from which also we eagerly wait for a Savior, the Lord Jesus Christ.

**b. God prepared a city for our eternal home.**

- (Hebrews 11:10 LSB) For *[Abraham]* was looking for **the city which has foundations, whose architect and builder is God**.
- (Hebrews 11:16 LSB) But now, **they aspire to a better country, that is, a heavenly one**. Therefore God is not ashamed to be called their God, for He prepared a city for them.

**c. We will live in the city God prepared for us in the holy places of God and will never be shaken but remain—forever.**

- (Hebrews 12:26–29 LSB) And His voice shook the earth then, but now He has promised, saying, “YET ONCE MORE I WILL SHAKE NOT ONLY THE EARTH, BUT ALSO THE HEAVEN.” 27 Now this expression, “Yet once more,” **indicates the removing of those things which can be shaken, as of created things, so that those things which cannot be shaken may remain**. 28 Therefore, since we are receiving a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe; 29 for OUR GOD IS A CONSUMING FIRE.

**3. So God says ... be still, drop the worry and know that he is God, 46:8-11.**

- (Psalm 46:8–11 LSB) Come, **behold the works of Yahweh**, Who has appointed desolations in the earth. 9 He makes wars to cease to the end of the earth; He breaks the bow and cuts up the spear; He burns the chariots with fire. 10 **“Cease striving and know that I am God**; I will be exalted among the nations, I will be exalted in the earth.” 11 Yahweh of hosts is with us; The God of Jacob is our stronghold. Selah.

**Be still** – to stop, discontinue; to put an end to a state or an activity; drop it.

- a. **Be still before the works of Yahweh—his sovereign rule over the earth.**
- b. **Be still and know this is the same mighty power by which he empowers our lives.**
  - (Ephesians 1:19–20 NLT) **I also pray that you will understand the incredible greatness of God’s power for us who believe him. This is the same mighty power that raised Christ from the dead** and seated him in the place of

honor at God’s right hand in the heavenly realms.

**c. So cease the striving and anxiety in our hearts and know that Yahweh is God.**

- (Psalm 100:3 LSB) **Know that Yahweh, He is God**; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.
- (Philippians 4:6–7 NLT) **Don’t worry about anything; instead, pray about everything.** Tell God what you need, and thank him for all he has done. 7 **Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.**

- (Psalm 118:5–8 ESV) Out of my distress I called on the LORD; the LORD answered me and set me free. 6 **The LORD is on my side; I will not fear.** What can man do to me? 7 **The LORD is on my side as my helper**; I shall look in triumph on those who hate me. 8 **It is better to take refuge in the LORD than to trust in man.**

**G**od is a safe place to hide, ready to help when we need him.

We stand fearless at the cliff-edge of doom, courageous in sea-storm 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.

(Psalm 46:1–3 The Message)

**T**herefore we will not fear!

(Psalm 46:2a LSB)