

Week 3: Psalm 46

English Standard Version

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

2 Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,

3 though its waters roar and foam,
though the mountains tremble at its swelling.

4 There is a river whose streams make glad the city of God,
the holy habitation of the Most High.

5 God is in the midst of her; she shall not be moved;
God will help her when morning dawns.

6 The nations rage, the kingdoms totter;
he utters his voice, the earth melts.

7 The Lord of hosts is with us;
the God of Jacob is our fortress.

8 Come, behold the works of the Lord,
how he has brought desolations on the earth.

9 He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.

10 "Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!"

11 The Lord of hosts is with us;
the God of Jacob is our fortress.