

## **EPISODE NO. 133**

### **Psalm 46:1-11**

#### **God Is Our Refuge and Strength**

- 1 God is our Protection and Strength.  
He always helps us in times of trouble.
- 2 So, we will not be afraid, even if the earth quakes,  
or if the mountains fall into the deep ocean.
- 3 We will not fear, even if its waters roar and foam,  
or if the mountains shake at the raging sea. (Selah)
  
- 4 There is a river which channels joy to the city of God.  
This is the Sanctuary where the Most High God resides.
- 5 God is in that city; and it will not be shaken.  
God will help her as dawn approaches.
- 6 Nations tremble, and kingdoms are shaken.  
God's voice speaks; the earth crumbles.
  
- 7 Yahweh of the armies of heaven is with us.  
The God of Jacob is our Fortress. (Selah)
  
- 8 Come, see what Yahweh has done!  
He does spectacular things in the earth.
- 9 He stops wars far, far away.  
He breaks all bows and shatters all spears,  
and He burns up the chariots in the fire.
- 10 God says: "Be quiet and know that I am God!  
I will be supreme among the nations.  
I will be supreme throughout the earth."
  
- 11 Yahweh of the armies of heaven is with us.  
The God of Jacob is our Fortress. (Selah)