

## Psalm 46

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*  
There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.  
God is within her, she will not fall;  
God will help her at break of day.  
Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.  
The LORD Almighty is with us;  
the God of Jacob is our fortress. *Selah*  
Come and see the works of the LORD,  
the desolations he has brought on the earth.  
He makes wars cease to the ends of the earth;  
he breaks the bow and shatters the spear,  
he burns the shields<sup>[b]</sup> with fire.  
"Be still, and know that I am God;  
"Be still, and know that I am God;  
"Be still, and know that I am God;