HELEN SANDERS 2-2-2024 A VERY PRESENT HELP

In Psalm 46 we see the sovereignty of God as He takes care of his children. In verse 1 it tells us, "God is our refuge and strength, a very present help in trouble."

We can count on God being there for us in the "now" and not just the "sweet by and by."

Because of this promise we move to verses 2-3 that says, "Therefore will not we fear, though
the earth be removed, and though the mountains be carried into the midst of the sea; 3

Though the waters thereof roar and be troubled, though the mountains shake with the
swelling there."

This lets us know that despite terrible natural disasters like Tsunamis, earthquakes, and flooding God is our "present help."

Verse 5 says, "God is in the midst of her (the city of God) she shall not be moved: God shall help her, and that right early." Oh, to know that God is in our lives and is our help right now brings us to verse 10 which says, "Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."

No matter what comes our way, the Lord is with us all the way. He is our constant source of strength, and a very present help in times of trouble. Therefore, we should never fear, knowing that God is with us!