

## **Psalm 46 (NRSV Updated Edition)** **God's Defense of His City and People**

**To the leader. Of the Korahites. According to Alamo. A Song.**

- <sup>1</sup> God is our refuge and strength,  
a very present<sup>[a]</sup> help in trouble.
- <sup>2</sup> Therefore we will not fear, though the earth should change,  
though the mountains shake in the heart of the sea,  
<sup>3</sup> though its waters roar and foam,  
though the mountains tremble with its tumult. *Selah*
- <sup>4</sup> There is a river whose streams make glad the city of God,  
the holy habitation of the Most High.
- <sup>5</sup> God is in the midst of the city;<sup>[b]</sup> it shall not be moved;  
God will help it when the morning dawns.
- <sup>6</sup> The nations are in an uproar; the kingdoms totter;  
he utters his voice; the earth melts.
- <sup>7</sup> The LORD of hosts is with us;  
the God of Jacob is our refuge.<sup>[c]</sup> *Selah*
- <sup>8</sup> Come, behold the works of the LORD;  
see what desolations he has brought on the earth.
- <sup>9</sup> He makes wars cease to the end of the earth;  
he breaks the bow and shatters the spear;  
he burns the shields with fire.
- <sup>10</sup> "Be still, and know that I am God!  
I am exalted among the nations;  
I am exalted in the earth."
- <sup>11</sup> The LORD of hosts is with us;  
the God of Jacob is our refuge.<sup>[d]</sup> *Selah*