

WEDNESDAY STUDY JOURNAL

SERMON NOTES OF THE HIGHLAND CHURCH

PSALM 46: GOD IS OUR FORTRESS

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1. God Our Refuge

- Psalm 46:1, 7, 11 – The Lord is our safe place and protector in every situation.

2. God Our Strength

- Psalm 46:1 – God is a fortress from outside dangers.

3. God Our Present Help in Trouble

- Psalm 46:1 – He is near in times of distress.
- Matthew 28:20 – Jesus promises, “*I am with you always.*”
- Hebrews 13:6 – We can confidently say, “*The Lord is my helper.*”

4. We Will Not Fear

- Psalm 46:2-3 – No calamity is worth fearing if you are in the protection of God.
- 2 Peter 3:12 – Looking for and hastening the day of God.
- Psalm 46:3, 7, 11 – *Selah*—pause and reflect on His presence and power.

5. The River of Life

- Psalm 46:4 – The city is the people of God, the river is the Holy Spirit.
- John 7:37-39 – Water in the Bible is a symbol of the Holy Spirit.

6. The City of God

- Psalm 46:4, 6 – The nations rage against each other. Yet God only has to speak, and they would be annihilated. But God’s people are protected because He is with them.
- Galatians 4:26 – The Jerusalem above is free, the mother of us all.
- Revelation 3:12; 21:1 – The promise of the New Jerusalem.
- Matthew 24:7 – Though nations rage, God’s city stands firm.

7. God Will Be Exalted Among the Nations

- Psalm 46:8-10 – The Lord makes wars cease and declares, “*Be still and know that I am God.*”
- Isaiah 11:5-10 – A vision of the righteous King bringing peace.
- Luke 1:31-33 – The kingdom of Christ will never end.
- Isaiah 9:6-7 – The government rests upon His shoulders; His reign is everlasting.