

Still ... Afraid?

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By Elsa Day

Read Psalm 46



I had to learn the first 7 verses of this Psalm for a competition, when I was about 9 years old.

No, I did not come first... I guess I did not really understand this too well and it showed.

However, some things you learn when you are very young stay with you forever.

This is true for me; this Psalm has meant so much to me over the years.

I guess this is also a Psalm which is very apposite, at such a time as this.

God is indeed our refuge and strength... and it is such an encouragement, He is ever present to help us in our trouble.

The next words, are so true... I trust in them every time I am really scared.

"Therefore, I will not fear..." but haven't I just said, I do fear...?

Yes! But it says, "I WILL Not Fear."

We often experience lots of things which as Christians can make us feel small and not responding as we feel we should not ... but if I say "I Will Not fear" somehow the Lord brings this into being. He adds the great strength of His Will to mine.

The Psalmist goes on to describe some of the terrifying things which we can experience over which we have no control.

It is this lack of control over happenings none of which I would have wished for, and the inevitability about them that is so frightening to us, isn't it?

The Psalm changes at this point; offering us another picture to replace the awfulness of what is happening right now on earth.

A picture of a place of Beauty, a place where God Reigns, where He is present, things do not fall apart, reminding us that where He is there is a Sureness, a Certainty of God in Control.

Once again, we read of Nations in uproar, Kingdoms falling, yet with just a Word from Him and His Power brings earth's chaos to nothing.

So, whatever we are feeling right now let us say with the psalmist: "The Lord Almighty is with us. The God of old is Our Fortress."

Verse 10 says... "Be Still and Know that I Am God. I will be exalted among the nations, I will be exalted in the earth"

...and that reminder that ... "The Lord Almighty is with us; the God of Jacob is (also) our fortress."

Blessings,

Elsa.

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