

In Trouble, But Not Troubled

Psalm 46 (text v. 1, cf. 2 Cor. 4:8)

We all have troubles. *“Man is born unto trouble, as the sparks fly upward”* (Job 5:7). I don’t look for trouble, but trouble seems to find me.

I like a song Lenka wrote and sings titled, *“Trouble is A Friend.”*

*Trouble will find you no matter where you go,
 No matter if you’re fast, no matter if you’re slow.
 He’s there in the dark, he’s there in my heart
 He waits in the wings, he’s gotta play a part
 Trouble is a friend, yeah trouble is a friend of mine.*

Although we all have troubles, **we don’t need to be troubled by our troubles**. Paul said it this way— *“We are troubled on every side, yet not distressed”* (2 Cor. 4:8).

Verse 3—The Psalmist mentioned the waters roaring and being troubled, but he was not troubled by it (v. 2).

You don’t have to be “troubled” by your troubles. HOW? By leaning on four pillars of truth mentioned in Psalm 46.

I. **A REQUIRED provision** (v. 1).

➡ When you jump out of verse one into verse two you are greeted with *“therefore.”* That is, if you have what is in verse 1, you’ll experience what is in verses 2-3.

A. God as our **SHELTER**. (*“God is our REFUGE...”*).

1. He will shelter you **in** your trouble (not *from* your troubles), like an umbrella. An umbrella doesn’t take you out of the storm, but protects you in the storm. He will shelter you in His love, mercy, and not allow your troubles to destroy you.
2. Martin Luther wrote the great hymn, *“A Mighty Fortress is our God; A bulwark never failing”* based on this verse.

Psalm 46 was written during a time when the Assyrian army under Sennacherib besieged Jerusalem (2 Kings 18-19). He sent a letter to King Hezekiah announcing his intentions to destroy Je-

rusalem. **Hezekiah was in trouble, but not troubled.** Hezekiah simply took the letter to the Temple and spread it out before the Lord.

Essentially Hezekiah was saying, “Lord, I just received this letter, but I believe it is addressed to You. Now how will You answer it?” God answered by telling one of His angels, “Sic 'em!” That angel destroyed 185,000 Assyrian soldiers that night.

B. God as our **STRENGTH**. (“*God is our... STRENGTH...*”)

1. He will strengthen me **in** my trouble. God’s strength is sufficient to sustain me in my trouble so I don’t have to be troubled!
2. “*My grace is sufficient for thee: for **my strength** is made perfect in weakness.*” (2 Cor. 12:9).
3. King Asa’s thought His strength was enough to get him through his troubles and failed. The prophet told Asa, “*The eyes of the LORD run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward him.*” (2 Chron. 16:9).

C. God as our **SUPPORT**. (“...*a very present HELP in trouble.*”).

➡ God doesn’t leave me to deal with my troubles by myself.

1. “*A **very present help**...*”— I’m not in my trouble alone. God is **with me** to help me (vs. 7, 11).
2. God is **with me** IN my troubles as He was with Shadrach, Meshach, and Abednego IN the fiery furnace... Like He was with Daniel IN the lion’s den... Like He was with Paul IN the Roman prison.

II. A REASSURING promise (vs. 2-3).

➡ If we have what is in verse one, we need not fear anything that happens on earth in verses 2-3.

- A. I don’t know what is going to happen when the “big one” shakes Seattle... or what damage a tsunami will do to Puget Sound... **otSIQs t ao...**

fear or worry, because my future is not on planet earth! My future is in another world.

B. With God as my shelter... my strength... and my support, I have nothing to fear!

➡ You need to sit down and have a little talk with fear. Tell fear:

- “Fear, I’m serving you an eviction notice that you need get yourself another home.”
- “Fear, there ain’t no welcome mat on my door step for the likes of you.”
- “And fear, take your two miserable friends, doubt and worry, with you as you leave. Don’t let the door hit you on the way out!”

1. You don’t have to be **persuaded** by fear... **perplexed** by fear... **paralyzed** by fear... or **plagued** by fear.

2. 2 Tim. 1:7— *God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

SELAH!

III. A RESTFUL place (vs. 4-7).

- A change in the landscape from verses 2-3 to verses 4-7. It goes from the holocaust on earth to the holy place in heaven. That is where you need to have your mind. Set your affections on things above!
- The Psalmist is getting his mind off his present troubles to a place where there are no troubles... no sickness... no sin... no pain... no wars... no foreclosures... no shut-off notices... no death.

A. “*There is a river...*” A river of **satisfaction**.

➡ This is a river that flows from the throne of God (Rev. 22:1). It pictures the Holy Spirit within us. Jesus said, “*He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water. (But this spake he of the Spirit...).*” Why be troubled when you have the river of the Spirit flowing within you?

B. There is a city (v. 4)... There is a holy place (v. 4)... A city of **sinlessness**. No more contending with sin (read Rev. 21:23-27).

➡ That is where my citizenship is! Someday soon, we will be there if we've been born again. Is that where you are going?

"I've a home beyond the river!"

SELAH!

IV. A REFOCUSED perspective (vs. 8-11).

➡ God says "Come" (v. 8) and see His works (v. 9). REFOCUS!

➡ This is a prophecy of Christ's coming (v. 10-11). REFOCUS!