### Psalm 46

**1**God is our refuge and strength,  
    an ever-present help in trouble.  
**2**Therefore we will not fear, though the earth give way  
    and the mountains fall into the heart of the sea,  
**3**though its waters roar and foam  
    and the mountains quake with their surging.

**4**There is a river whose streams make glad the city of God,  
    the holy place where the Most High dwells.  
**5**God is within her, she will not fall;  
    God will help her at break of day.  
**6**Nations are in uproar, kingdoms fall;  
    he lifts his voice, the earth melts.

**7**The Lord Almighty is with us;  
    the God of Jacob is our fortress.

**8**Come and see what the Lord has done,  
    the desolations he has brought on the earth.  
**9**He makes wars cease  
    to the ends of the earth.  
He breaks the bow and shatters the spear;  
    he burns the shields with fire.  
**10**He says, “Be still, and know that I am God;  
    I will be exalted among the nations,  
    I will be exalted in the earth.”

**11**The Lord Almighty is with us;  
    the God of Jacob is our fortress.