

Psalm 46 - God is with Us

We are now going to explore a psalm used by Jews and Christians which helps them think about how God gives them strength. Others amongst us who don't have a faith may find it useful to use this time to think about where we get our strength from and maybe even find something in the psalm that helps.

“God is our shelter and strength, always ready to help in times of trouble. So we will not be afraid, even if the earth is shaken and mountains fall into the ocean depths; even if the seas roar and rage, and the hills and shaken by violence”.
(Verses 1-3)

When we look around and we see our world looking shaken, we might wonder where God is? We might feel worried and anxious, confused or abandoned. But we do not have to be afraid. God is with us and he has made us a mighty promise. All we have to do, is to put our trust in him.

This psalm was written at a time when the future was uncertain and people faced much worry in the world around them. They too felt anxiety and concern and wondered where God was. This Psalm makes it clear that at times life will be hard and we can't always avoid difficult things. It uses several strong metaphors/picture language and similes for this such as the earth shaking or the seas roaring. However, Christians believe that God is always with us whatever life throws at us. And here the Psalm uses a simile of God being like a fortress.

In Psalm 46 God is speaking to each and every one of us. When we take the time to really listen, we see that in the words of the title of the psalm, “God is with us” always. Our God is a God of peace, of love and he is everywhere. God is our safe place. He gives us strength. He is especially close to us when we feel lonely or times are scary. God takes care of us. We can always run to him and find shelter. When we pray to Jesus he is always listening. All he asks of us is that we are still and we stop and take time to listen too.

Activity suggestion below.



Follow up lesson idea

Children are invited to create a picture where a castle is being hit by gigantic, crashing waves from the vast sea surrounding it. They could use paints, pastels, pens or produce a collage depending on time, age and resources available.

Explain to the children that Christians believe that God is like a castle that can't be moved no matter how strong the waves are. He wants us to run to him and he will give us shelter. He will protect and look after us. He will be our fortress.

