



## Scripture Theme 2012-2013

*God is our refuge and strength, a very present help in trouble.*

*Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult.*

*There is a river whose streams make glad the city of God, the holy habitation of the Most High.*

*God is in the midst of the city; it shall not be moved; God will help it when the morning dawns.*

*The nations are in an uproar, the kingdoms totter; he utters his voice, the earth melts.*

*The Lord of hosts is with us; the God of Jacob is our refuge.*

*Come, behold the works of the Lord; see what desolations he has brought on the earth.*

*He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear; he burns the shields with fire.*

***“Be still, and know that I am God!”***

*I am exalted among the nations,  
I am exalted in the earth,”*

*The Lord of hosts is with us; the God of Jacob is our refuge.*

**(Psalm 46)**

### **Brief Background:**

Psalms are songs of praise to God. There have been 150 psalms written, memorized and recited over the years in response to our covenant with God. They are used as both personal and communal prayers for the assembly. The psalms are universal because they express the prayers of people who have lived through joyful times and suffered loss. Psalmists poured their hearts out to God in words of joy, sorrow, regret, celebration, earnest pleading, and praise. Psalms are timeless. Comfort in the psalm comes from the God who knows the psalmist completely.

“A psalm presents a text to the minds of faithful, but it aims rather at moving the hearts of those singing it or listening to it, and also those accompanying it ‘on the lyre or harp.’” (General Instruction of the Liturgy of the Hours, 103)

Psalms 46 is part of 12 psalms/songs ascribed to the descendants of Korah, according to the book of the Second Chronicles. These descendants were known for being singers in the Temple. The books of 1 & 2 Chronicles remind people of the importance of religious practices and worship of God.

### **Questions for Reflection:**

- **How are you relying on God as your refuge and strength?**
- **How does your heart cry out to God?**
- **In what ways do you show God praise?**
- **Where does your heart move in praise for God?**
- **Where do you need to be still and acknowledge God’s presence?**