



#### TWCC Sermon Connection Notes

Sunday, November 3rd, 2019

**Sermon Series:** INDESCRIBABLE

**Sermon Title:** The Lord Our Refuge and Strength

**Opening Scripture Texts:** Psalms 46:1 - 11 (NKJV) – “God is our refuge and strength, a very present help in trouble. <sup>2</sup> Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea; <sup>3</sup> Though its waters roar and be troubled, though the mountains shake with its swelling. Selah <sup>4</sup> There is a river whose streams shall make glad the city of God, The holy place of the tabernacle of the Most High. <sup>5</sup> God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn. <sup>6</sup> The nations raged, the kingdoms were moved; He uttered His voice, the earth melted. <sup>7</sup> The LORD of hosts is with us; the God of Jacob is our refuge. Selah <sup>8</sup> Come, behold the works of the LORD, Who has made desolations in the earth. <sup>9</sup> He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire. <sup>10</sup> Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth! <sup>11</sup> The LORD of hosts is with us; The God of Jacob is our refuge. Selah”

- The Lord is our \_\_\_\_\_ and our \_\_\_\_\_! Our Father God is a Very Present \_\_\_\_\_ in times of trouble!

#### OUR GOD IS A “PRESENT HELP IN TROUBLE”

- We must be reminded to TAKE BY FAITH the \_\_\_\_\_! **(Read Isaiah 61:1 – 3 (NKJV))**
  - **Psalms 60:11 (NKJV)** – “Give us help from trouble, for the help of man is useless.”
  - **Psalms 108:12 (NKJV)** – “Give us help from trouble, for the help of man is useless.”
  - **Psalms 38:22 (NKJV)** – “Make haste to help me, O Lord, my salvation!”
  - **Psalms 33:20 (NKJV)** – “Our soul waits for the Lord; He is our help and our shield.”
- **TAKE THE HELP!**

#### FEAR OPENS THE DOOR TO DEFEAT

---



---



---



---



---

- **But in the midst of this trouble, God is present, and Hezekiah tells himself and his people not to \_\_\_\_\_.** You think you have problems, pain, pressure or predicaments and deserve to wallow in \_\_\_\_\_.

self-pity? How would you like to be looking over the wall and see armies coming at you like a flash flood, like a dam bursting open and allowing water to come swirling out to cover everything in its path!

- **FEAR is not your friend and must be \_\_\_\_\_ and \_\_\_\_\_ with FAITH!**
- **FEAR = False Evidence Appearing Real. FAITH = Full Assurance In The Heart.**
- God didn't give us a Spirit of Fear! (**2 Timothy 1:7**) Fear tolerated means our FAITH gets contaminated! All DOUBT is fear-based and fear dependent. All WORRY, ANXIETY and BURDENSOME CARE and MENTAL ANGUISH is fear-based and fear dependent.
- UNBELIEF, DISOBEDIENCE and SIN is fear-based and fear-dependent!
- **Isaiah 41:10 (AMPC)** – *"Fear not [there is nothing to fear], for I am with you; do not look around you in terror and be dismayed, for I am your God. I will strengthen and harden you to difficulties, yes, I will help you; yes, I will hold you up and retain you with My [victorious] right hand of rightness and justice."*
- **(TPT)** – *"Do not yield to fear, for I am always near. Never turn your gaze from me, for I am your faithful God. I will infuse you with my strength and help you in every situation. I will hold you firmly with my victorious right hand."*
- **Read Hebrews 13:5 – 6 (AMPC) and Read John 14:27 (AMPC).**

#### SELAH

- So let's do that. Let's stop and summarize the first portion of Psalm 46 (verses 1-3). It can be summed up like this: **No matter what difficulty you are facing, put your trust in the Lord. Keep your mouth from speaking doubt, fear, and unbelief.** Recognize that the Lord is \_\_\_\_\_ and able to \_\_\_\_\_.

#### OVERCOME THE OCEANS OF THE ENEMY ATTACK

- When does God rescue you? The end of verse five says, *"... at the break of dawn ..."* **That means very soon.** It doesn't mean immediately. God is always on time, but many believers are tempted to give up because they don't see the situation improve immediately when they swing into action against the enemy.

#### GOD DOES NOT USE NATURAL WEAPONS

- **Read Revelation 19:15; Psalms 89:33 – 34; Numbers 23:9**
- Hezekiah continues in **Psalm 46** by referring to God as *"the Lord of hosts, the God of Jacob."* In the Hebrew, it reads *Jehovah of armies*. He's the One Who is the head of all the hosts of the angels. He's the same One who defended Abraham, Isaac, and Jacob. As faithful as He was to them, He is to us right now.
- In verse 9 we read what He did – **He made this war cease**; He stopped the Assyrian army in its tracks so the city of Jerusalem could be spared. The weapons and chariots of this army were like toys in the hands of a protective God. He smashed them, broke them in two to defend His precious possession.

#### BE STILL

- Verse ten tells us to rest in the Lord. *"Be still"* is the Hebrew word *"rapha."* Do you remember one of God's redemptive names is Jehovah Rapha? He is the Lord that heals you. So what this verse literally means is *"be healed and know that I am God."* Be \_\_\_\_\_ and be \_\_\_\_\_ of that torment of fear, pain, problems, or the pressure your under!
- The final verse in Psalm 46, verse eleven, repeats a previous verse. Hezekiah is emphasizing the character of the mighty one who defends us. God is the *Jehovah of armies*, or the captain of all the soldiers. He commands them into perfect array against the enemy. **And he's never lost a single battle!** The "God of Jacob" refers to the first member of the Godhead which is God the Father. Notice we have Jesus on our side, the Commander and Chief. And we have God the Father on our side also. But they are not just *"on our side."* **Colossians 3:3** tells us that we are *"... hid with Christ in God."*