

What Is God's Solution for Fear?

The International Sunday School Lesson for Sunday, October 17, 2010
Psalm 46:1-7

"God is our refuge and strength, A very present help in trouble"
(Psalm 46:1—NASB-U).

"God is our refuge and strength, a very present help in trouble"
(Psalm 46:1—NRSV).

"God is our refuge and strength, a very present help in trouble"
(Psalm 46:1—KJV).

Our troubles come from various places and people. The psalmist mentioned changing conditions on planet Earth, including earthquakes in the mountains and in the heart of the sea. He also wrote about troubles in the cities and tumults among the nations. Whereas we sometimes face visible foes, believers actually also struggle against what they cannot see or fully understand as they fight, "against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places" (Ephesians 6:12).

People can choose to fret in fear over the conditions that threaten them, or they can choose to trust the words of the psalmist as inspired by God. When troubles come, as they surely will, believers can go to God and take refuge in Him. If we always try to stay close to God through prayer, Bible study, and daily offerings of praise and thanksgiving to God, then we will not have far to flee when difficulties come. Truly, for us as for the psalmist, God will be "a very present help in trouble." God will be a Place of Shelter, a Giver of Wisdom, a Provider of Strength, and the Savior of our souls should our bodies perish in battle, persecution, or a disaster common to existence in this fallen world.

No matter what we face from moment-to-moment, we need to strengthen our spirits by implanting these words in our hearts, "The LORD of hosts is with us; the God of Jacob is our refuge" (Psalm 46:7). Just as Jacob finally came to trust in God and His faithfulness after God saved him through many trials, so can we.
— Copyright 2010 L.G. Parkhurst, Jr.

You may reprint or reproduce this Parkhurst Bible Lesson for not-for-profit use.
More Uniform Bible Lessons are available at InternationalBibleLessons.com

Questions for Further Thought

The International Sunday School Lesson for Sunday, October 17, 2010
Psalm 46:1-7

1. Think of some recent "natural disasters." What role do you think God might have had in some of these, if any? Give a reason for your answer.
2. What do you think the response would be if television newscasters said that the natural disasters you thought of in Question 1 were the judgments of God on sinners? What would the response of your church be if your preacher or Sunday school teacher said that the natural disasters you thought of in Question 1 were the judgments of God on sinners?
3. Why should believers in God be able to find God is their refuge and strength if they find themselves in the midst of a natural disaster? How does the Bible give believers greater confidence in God in these situations?
4. Think of some ways that "fear mongers" try to motivate people to do what they want? What kinds of people do you think these "fear mongers" will have the most influence on? Give a reason for your answer? How might Psalm 46 help you deal with fears about our world and the future of our planet today?
5. Read verse 9. Do you think this verse should have been included in the Uniform Lesson Series? Why or why not? Think of some wars in our world today. Considering this verse, how might a believer pray today? Pray today for any situations that may be weighing on your heart and mind? Memorize verse 10.