



Introduction

A Psalm expressing confidence in the God of Jacob.



Questions

1. What can the psalmist say because the LORD is his refuge and strength?
2. What are the works of the LORD that the psalmist wants us to see?
3. Why does the psalmist encourage us to be still?



Summary Points

- **1 to 3** Whatever happens, the psalmist will not fear because he trusts God will help (see theme)
- **v 4 to 7** God's city that is not moved is compared to other nations and kingdoms
- **v 8 to v 11** The psalmist thinks about what the LORD has done in the past. Herecognises help from the God of Jacob

Timeline 970 BC (see below)



Theme

God helps those who trust him

A selection of verses telling us that God is always ready to help those who trust him.

King Hezekiah encourages the Jews to trust in God when threatened by the king of Assyria:

2 Chronicles 32 verses 7 and 8

Many of the Psalms express confidence in God's help:

Psalms 31 verse 19, 33 verses 20 to 22

The book of Proverbs has similar sentiments:

Proverbs 3 verses 5 and 6

The prophet Jeremiah encourages his hearers to trust in God:

Jeremiah 17 verses 7 and 8

The apostle Paul tells Timothy to trust in God rather than riches:

1 Timothy 6 verse 17



Answers to questions

Verses which answer the questions:

Q 1: v 2 and 3, Q 2: v 8 and 9, Q 3: v 10 and 11



Bible timeline

