

# The Best Christmas Focus

## Psalm 46:1-11

Grace Fellowship Church / Pastor Brad Bigney / December 7, 2025

### I. Take A Look At The World Around You

#### A. There's Plenty Of Trouble

**Psalm 46:1** “God is...a very present help in trouble.”

The word “trouble” in **v. 1** means to be restricted or pressed into a narrow space.

Here’s some great news! God is a very present help in trouble, in the narrow space, and in the cramped place. He’s in it with you! Not outside of it!

#### B. There's Constant Upheaval And Change

**Vv. 2-3** are talking about big stuff that comes crashing at us as he uses the word “though” **4x** in a way that swells with intensity.

**Psalm 46:2-3** “...though the earth gives way [Hebrew – “though the land change hands”], though the mountains be moved into the heart of the sea, <sup>3</sup> though its waters roar and foam, though the mountains tremble at its swelling.”

The world around you can change radically and dramatically while you sleep, but God does not change!

**Psalm 102:25-27 NIV** “In the beginning You laid the foundations of the earth, and the heavens are the work of Your hands. <sup>26</sup> They will perish, but You remain; they will all wear out like a garment. Like clothing You will change them and they will be discarded. <sup>27</sup> But You remain the same, and Your years will never end.”

God, who ruled the earth last night, is the same God who rules it today with the same convictions, same plan, same love, and same character. And He’s in it with us.

### II. Take A Long Look At Your God

We obsess over the news every day, then catch a sermon on Sunday and wonder why we’re so fearful, anxious, and depressed.

If you want help digging your way out of fear, anxiety, and depression, you better take a long look at your God by reading your Bible, chewing on it, and lingering over it so that it begins to shape your mind and settle your emotions.

#### A. Look At His Power

**Psalm 46:7** “The LORD of hosts is with us; the God of Jacob is our fortress.”

**Psalm 46:11** “The LORD of hosts is with us; the God of Jacob is our fortress.”

In other words, our God is a God of vast resources. He has an army and can do whatever He pleases! You may feel weak, but He has unlimited power and is never frustrated or unable to accomplish His plan.

#### B. Look At Where You Can Find Him

**Psalm 46:1** "... a *very present* help in trouble."

In the original Hebrew it says "having been present always."

God's primary way of being there for us and revealing Himself to us is through the Bible. But so often we want something flashier and easier. We want a dream, a vision, an epiphany, or an angel visitation because it requires nothing of us.

But that's not how God meets with us and speaks to us today. Don't let Satan lie to you that you're too distraught to read the Bible or that you're too upset and emotional to sit down and get anything out of it. That's a lie!

Satan does not want you to pick up the Bible, because it will lift you up in ways that he cannot stop! There is nothing like it!

Regardless of how much trouble you think you have right now, His Word would become more precious to us if we had more trouble than we do.

"In Ravensbrück Concentration Camp, roll call came at 4:30 A.M. A whistle would rouse us at 4:00 when the stampede would begin for the ration of bread and coffee in the center room. The count was made standing outside in the wide avenue leading to the hospital. There we joined the occupants of other barracks - some 35,000 prisoners at that time - stretching out of sight in the pale glow of the street lamps...After roll call, work crews were called out. For weeks, Betsie and I were assigned to the Siemens factory. This huge complex of mills and railroad terminals was a mile and a half from the camp...The work at Siemens was sheer misery. Betsie and I had to push a heavy handcart to a railroad siding where we unloaded large metal plates from a boxcar and wheeled them to a receiving gate at the factory. The grueling workday lasted 11 hours. Returning to camp we could barely lift our swollen and aching legs.

Back at the barracks we formed yet another line to receive our ladle of turnip soup in the center room. Then, as quickly as we could for the press of people, Betsie and I made our way to the rear of the dormitory room where we held our worship "service"...They were services like no others, these times in Barracks 28...First, we would sing, and with each moment the crowd around us would swell, packing the nearby platforms, hanging over the edges, until the high structures groaned and swayed. At last, either Betsie or I would open the Bible. Because only the Hollanders could understand the Dutch text, we would translate aloud in German. And then we would hear the life-giving words passed back along the aisles in French, Polish, Russian, Czech, back into Dutch. They were little previews of heaven, these evenings beneath the light bulb. I would think of my home back in Holland...and I would know again that in the darkness God's truth shines most clear.

- Corrie ten Boom, *The Hiding Place*

### C. You Can Choose To Rest In His Sovereign Plan

But it won't be automatic. It's a choice. That's why the verbs in **v. 10** are in the imperative tense. It's a command.

**Psalm 46:10** "Be still and know that I am God..."

Despite the pain and chaos in our world, we're not just victims of random acts. Our God limits, orders, and controls all things for His glory and our good.

### D. You'll Need To Get Quiet And Stop Thrashing Around

That phrase “be still” in the original Hebrew means to relax, get quiet, and cease striving.

The psalmist himself models how to slow down and get quiet in His presence because **3x** in this chapter he inserts the little word “**Selah**” in **vv. 3, 7, and 11**.

Scholars aren’t sure what the word means, but they all agree that it was some type of musical notation that meant to pause, to think about it, or to stop and take it in.

It’s like a speed bump when you’re reading your Bible that helps you move from fast-food to banquet table so that you can chew on it, taste it, and see how good it is. Because if you just gulp down biblical truth, it won’t have the same effect that it could if you chewed on it slowly.