

## Thoughts From, “Psalms for Our Daily Living”.

Psalm 46 – God is our refuge and strength The Lord of hosts is with us.

The Reverend Herbert O’Driscoll tells us that two great men were inspired by this psalm. Martin Luther who wrote, “Ein Feste Burg” (I had to find this in Common Praise) “God is Our fortress and Our God” and Isaac Watts words for, O God our help in ages past, our hope for years to come”.

How often have we sung these hymns which have brought us joy and comfort over the years and can still bring us comfort to-day, without knowing what inspired these words.

The psalmist writes, “Though the earth be moved.....the mountains be toppled in the depths of the sea; Though its waters rage and foam.....though the mountains tremble.....The Lord of hosts is with us”.

These words echoed through my mind last week-end as the wind roared through my yard and I listened to the weather alerts of storms to our south and east terrifying our brothers and sisters. The news casts of the pandemic numbers and other earth-shattering events. My prayers and thoughts went out to all those fighting in the fore-front of all these happenings and those who need our prayers with health and mental concerns at this time in our history.

The psalmist gives a vision of the majesty of God, which is beyond human comprehension and beyond language and the vision of “The city of God, the holy habitation of the Most High. God is in the midst of her”.

This vision has energized people to work and struggle to fight, for such things as justice, reconciliation and peace.

Verse 11 tells us we can, “Be still and know that I am God, I will be exalted among the nations, I will be exalted in the earth”.

Verse 12 says, “The Lord of hosts is with us; the God of Jacob is our stronghold”.

Prayer from the BAS, God our strength, your power is for peace, and the pride of your mighty acts secures the city of the humble. Teach us to put our trust in your salvation through Jesus Christ our Lord.

Hugs and Blessings from afar,  
Maria