1  God is our refuge and strength, a very present help in trouble;

2  Therefore we will not fear, though the earth be moved, and though the mountains tremble in the heart of the sea;

3  Though the waters rage and swell, and though the mountains quake at the towering seas.

4  There is a river whose streams make glad the city of God, the holy place of the dwelling of the Most High.

5  God is in the midst of her; therefore shall she not be removed; God shall help her at the break of day.

6  The nations are in uproar and the kingdoms are shaken, but God utters his voice and the earth shall melt away.

7  The Lord of hosts is with us; the God of Jacob is our stronghold.

8  Come and behold the works of the Lord, what destruction he has wrought upon the earth.

9  He makes wars to cease in all the world; he shatters the bow and snaps the spear and burns the chariots in the fire.

10  ‘Be still, and know that I am God; I will be exalted among the nations; I will be exalted in the earth.’
The Lord of hosts is with us; the God of Jacob is our stronghold.

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