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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