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.

11The Lord of hosts is with us; the God of Jacob is our stronghold.

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