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.’
11 The Lord of hosts is with us; ♦

the God of Jacob is our stronghold.

God of Jacob,

when the earth shakes

and the nations are in uproar,

speak, and let the storm be still;

through Jesus Christ our Lord.

Common Worship: Daily Prayer, material from which is included here,
is copyright © The Archbishops' Council 2005 and published by Church House Publishing.

Join us in Daily Prayer

Buy the Book

Daily Prayer is available from Church House Publishing
Download the Reflections on the Psalms app

Source URL: https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/daily-prayer/psalter/psalm-46