

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.â

11â *The Lord of hosts is with us;â*

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.

â

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