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

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.

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