God is our refuge and

strength [mighty and impenetrable],

A very present *and* well-proved help in trouble.

**2**Therefore we will not fear, though the earth should change

And though the mountains be shaken *and* slip into the heart of the seas, **3**Though its waters roar and foam, Though the mountains tremble at its roaring.

**4**There is a river whose streams make glad the city of God, The holy dwelling places of the Most High.

**5**God is in the midst of her [His city], she will not be moved; God will help her when the morning dawns

**6**The nations made an uproar, the kingdoms tottered *and* were moved;  
He raised His voice, the earth melted.  
**7**The Lord of hosts is with us;  
The God of Jacob is our stronghold [our refuge, our high tower].

**8**Come, behold the works of the Lord,  
Who has wrought desolations *and* wonders in the earth.

**9**He makes wars to cease to the end of the earth;  
He breaks the bow into pieces and snaps the spear in two; He burns the chariots with fire.

**10**“Be still and know (recognize, understand) 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 [our refuge, our high tower]. *Selah*