



<sup>1</sup> God is our *refuge* and  
*strength,*

a *helper* who is always  
found

in times of trouble.

<sup>2</sup> Therefore we will not be  
*afraid,*

though the earth *trembles*

and the mountains *topple*  
into the depths of the seas,

<sup>3</sup> though its water *roars*  
and foams

and the mountains *quake*  
with its turmoil. Selah

-Psalm 46:1-3