

329 God Is Our Refuge and Our Strength

(Psalm 46)

1 God is our ref - uge and our strength, our
 2 Though hills a - mid the seas be cast, though
 3 Where God a - bides a riv - er flows; that
 4 Since God is in the midst of it, the

ev - er - pres - ent aid, and there - fore, though the
 foam - ing wa - ters roar, yea, though the might - y
 cit - y will re - joice. But na - tions fear and
 cit - y walls shall stand, se - cure and safe with

earth be moved, we will not be a - fraid;
 bil - lows shake the moun - tains on the shore.
 king - doms shake be - fore God's thun - dering voice.
 God's sure help, when trou - ble is at hand.

The first two stanzas of this very condensed paraphrase of Psalm 46 were created early in the 20th century, and the last two stanzas were prepared near its end. The text is set to a late 16th-century psalm tune that comes from the first such collection to give tunes names.

TEXT: Stanzas 1–2, *The New Metrical Version of the Psalms*, 1909
 MUSIC: Este's *Psalmes*, 1592; harm. George Kirbye, 1592

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