

Program: SS Panel 2025 2 Q

Quarterly title: Allusions, Images, Symbols: How to Study Bible Prophecy

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Lesson Title: #9 In the Psalms: Part 2

For Lesson Dates: May 24-30, 2025

Section title: Sunday - A Very Present Help in the Time of Trouble

Record date: Wednesday, January 29, 2025

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Next Week #10 Upon Whom the Ends Have Come

Lesson 9

**May 24–30*

In the Psalms: Part 2

SABBATH AFTERNOON

Read for This Week's Study: *Psalm 46, Jer. 4:23–26, Ps. 47:1–4, 1 Thess. 4:13–17, Psalm 75, Rev. 14:6–12.*

Memory Text: “Let the peoples praise You, O God; let all the peoples praise You. Oh, let the nations be glad and sing for joy! For You shall judge the people righteously, and govern the nations on earth. Selah” (*Psalm 67:3, 4, NKJV*).

When thinking of final events, we tend to focus on the

beasts and the powers of Revelation. And, of course, they have a big role, an important one, too. Otherwise, God would not have put them in the Bible for us to understand them (see Rev. 1:3).

Prophecy, however, also deals with key issues associated with sin and suffering, judgment, the battle between good and evil, the nature of justice and injustice, persecution, and more.

The Psalms also deal with these issues in great depth, exploring nearly every possible human emotion—from dark despondency to unbridled joy. We see Israel preparing for battle against the forces of darkness. We read about individuals wrestling with the question of why doesn't God address evil more directly and immediately, a question that no doubt we all have asked. We are directed to the sanctuary for answers, and there are also repeated appeals to God's status as Creator. Are these not issues and questions that we, in our context today, wrestle with, as well?

Of course—which is why we will continue unpacking Psalms in order to learn more about these crucial truths.

**Study this week's lesson to prepare for Sabbath, May 31.*

SUNDAY

May 25

A Very Present Help in the Time of Trouble

Read Psalm 46. What message of hope can we take from this amid the turmoil of life now and what we know is going to come upon the earth in the last days as the great controversy plays out here?

Psalm 46:1 1 God is our refuge and strength, A very present help in trouble.
2 Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea;
3 Though its waters roar and be troubled, Though the mountains shake with its swelling. *Selah*

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John 16:33 These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

READ

Already the judgments of God are abroad in the land, as seen in storms, in floods, in tempests, in earthquakes, in peril by land and by sea. **The great I AM is speaking to those who make void His law.** When God's wrath is poured out upon the earth, who will then be able to stand? Now is the time for God's people to show themselves true to principle. **When the religion of Christ is most held in contempt, when His law is most despised, then should our zeal be the warmest and our courage and firmness the most unflinching. To stand in defense of truth and righteousness when the majority forsake us, to fight the battles of the Lord when champions are few—this will be our test. At this time we must gather warmth from the coldness of others, courage from their cowardice, and loyalty from their treason.** The nation will be on the side of the great rebel leader. 5T 136.2

Psalm 46:4 4 *There is a river whose streams shall make glad the city of God, The holy place of the tabernacle of the Most High.*

5 *God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn.*

Psalm 46:6 The nations raged, the kingdoms were moved; He uttered His voice, the earth melted.

7 The Lord of hosts *is* with us; The God of Jacob *is* our refuge. *Selah*

8 Come, behold the works of the Lord, Who has made desolations in the earth.

9 He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot 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!

11 The Lord of hosts *is* with us; The God of Jacob *is* our refuge. *Selah*

READ

Psalm 46 appears to touch on a theme that we find in the book of Hebrews: *that of something better.* Jesus is *better* than the earthly High Priest, His sacrifice is *better* than all the animal sacrifices, and the heavenly sanctuary is *better* than the types that existed on earth.

This Psalm takes a different approach, however. The author is not taking good things and contrasting them with better things; he is contrasting a world in rebellion—and the terrible consequences it has brought—with promise of the better things that God is planning for us.

Indeed, this Psalm is filled with hope and promise that even amid the desolation and trial and suffering and wars that we face, ultimately we are to “be still, and know that I am God” (*Ps. 46:10*), and to rest in the assurance that one day all of this is going to end and that God “will be exalted in the earth” (*Ps. 46:10*).

Notice, too, what is written here. “Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea” (*Ps. 46:2, NKJV*).

One cannot help but be reminded of the scenes that will take place at the Second Coming: “Then the sky receded as a scroll when it is rolled up, and every mountain and island was moved out of its place” (*Rev. 6:14, NKJV*). And this: “Looking for and hastening the coming of the day of God, because of which the heavens will be dissolved, being on fire, and the elements will melt with fervent heat” (*2 Pet. 3:12, NKJV*). Our present world, with all its attendant evils, isn’t going to last forever, and what comes afterward promises us something that our minds now can barely fathom. For now, though, we just need to hold on, preserving in faith and clinging to the revelation of God that we have, especially in Jesus on the cross.

However bad things are in this world (and we know they are going to be worse), what hope should you draw from your knowledge of the goodness, power, and character of God (think: the cross)?