



## TEHILLIM TALKS

### Psalm 46

*To the choirmaster. Of the Sons of Korah.  
According to Alamot. A Song.*

#### 1-3

God is our refuge and strength, a **help** in trouble, readily found. <sup>2</sup> Therefore we will not fear when the earth **changes**, though the mountains **shift** into the heart of the sea. <sup>3</sup> Its waters roar and foam; the mountains tremble at its swelling. *Selah*

עזרה  
“Ezra”

מור  
(*mur*)  
“change”

מוט  
(*mut*)  
“shift”  
(verses 2,5,6)

#### 4-7

There is a river whose streams make glad the city of God, the holy habitation of the Most High. <sup>5</sup> God is in the midst of her; she shall not be **shifted**; God will help her when morning dawns. <sup>6</sup> The nations rage, the kingdoms **shift**; He utters His voice, the earth melts. <sup>7</sup> **Adonai of hosts is with us; the God of Jacob is our high tower. Selah**

משגב  
(*mis'gav*)  
“high tower/high fortress”

#### 8-11

Go and **behold** the wonders of Adonai, how He has brought desolations on the earth. <sup>9</sup> He makes wars cease to the end of the earth; He breaks the bow and shatters the spear; He burns the chariots with fire. <sup>10</sup> “**Relax**, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” <sup>11</sup> **Adonai of hosts is with us; the God of Jacob is our high tower. Selah**

חזיה

(*chazah*)

“behold with the spirit/mind”

רפה

(*raphah*)

“relax, let go”

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## REFERENCES:

### Attribution

**1Chronicles 15:20** Zechariah, Aziel, Shemiramoth, Jehiel, Unni, Eliab, Maaseiah, and Benaiah were to play harps according to Alamoth.

### Verse 2

**Psalm 15:4** ...in whose eyes a vile person is despised, but who honors those who fear Adonai; who swears to his own hurt and does not change (מור, *mur*).

**Psalm 15:5** ...who does not put out his money at interest and does not take a bribe against the innocent. He who does these things shall never be shaken (מוט, *mot*).

**Psalm 16:8** I have set Adonai always before me; because He is at my right hand, I shall not be shaken (מוט, *mot*).

### Verse 4

**Psalm 23:2** He makes me lie down in green pastures. He leads me beside still waters.

**Revelation 22:1-2** Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. Also, on either side of the river, the Tree of Life with its twelve kinds of fruit, yielding its fruit each month. The leaves of the tree were for the healing of the nations.

### Verse 7

**Psalm 9:9** Adonai is a stronghold (משגב, *misgav*) for the oppressed, a stronghold (משגב, *misgav*) in times of trouble.

**Psalm 59:16** But I will sing of Your strength; I will sing aloud of Your steadfast love in the morning. For You have been to me a fortress (משגב, *misgav*) and a refuge in the day of my distress.

### Verse 8

**Leviticus 7:30** His own hands shall bring Adonai's food offerings. He shall bring the fat with the breast (חזה, *chazah*), that the breast (חזה, *chazah*) may be waved as a wave offering before Adonai.

### Verse 10

**Exodus 5:17** But he said, “You are lazy (רפה, *raphah*), you are lazy (רפה, *raphah*); that is why you say, ‘Let us go and sacrifice to Adonai.’”

**Joshua 1:5** “No man shall be able to stand before you all the days of your life. Just as I was with Moses, so I will be with you. I will not let go of (רפה, *raphah*) you or forsake you.”

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## Recommended Commentaries on Psalms

*Psalms by the Day*, Alec Motyer (Christian Focus Publications Ltd., 2016)

*Tehillim: A New Translation with a Commentary Anthologized from Talmudic, Midrashic and Rabbinic Sources* (Mesorah Publications, Ltd., 1999)

*The Hirsch Tehillim*, Rav Samson Raphael Hirsch (Feldheim publishers, 2014)