

Psalm 46

God is our refuge and strength

Rab asada zoor hay tey naley sadi hay panah

always ready to help in times of trouble

dey madad oh sukhtian which jehera sada hey Khuda

So we will not fear when earthquakes come

Eis lie kujh dar nahien bhanwien zamien jawey ullat

And the mountains crumble into the sea

Saray parbat rurrh key bhanwien which sumandar pien ja

Let the ocean roar and foam

Panien jey kar harrah ve aa wey, Naley pani karan shor

Let the mountains tremble as the waters surge

Khauf na kariay paharan da bhanwien चाहद jan ja

A river brings joy to the city of our God the sacred home of the most high

*Eik nadi hey jedian sheher nu khuosh kar dian, pak rab de maskanan nu jis da
malak hey Khuda*

God dwells in that city it cannot be destroyed from the very break of day, God will protect it

*Hey Khuda which oas dey ohnoon na jumbish howe gee, fajrey hi howe ga
mudadgar Rub oas sheher da*

The nations are in chaos and their kingdom crumble

Qoman aiyan josh which tey badshahian hill gaiyan

God's voice thunders, and the earth melts

Dharti sub pighar gai Rub ney judoon kieti sada

The Lord of Heaven's Armies is here among us, the God of Israel is our fortress.

***Jo Yehwah lashkaran da aap sadey naal hey, Jo Khuda Yaqoob da hey so hi sadi
hey panah***

Note: The Italic and bold sentences are purposely aligned centered as this is our Punjabi Language.