



*Be still*  
and know that  
I am *God*

PSALM 46:10



# Edward Christian Church

4/25/2026





BE STILL AND KNOW  
THAT I AM GOD

Pt1

Psalm 46

Edward Church

April 26, 2026

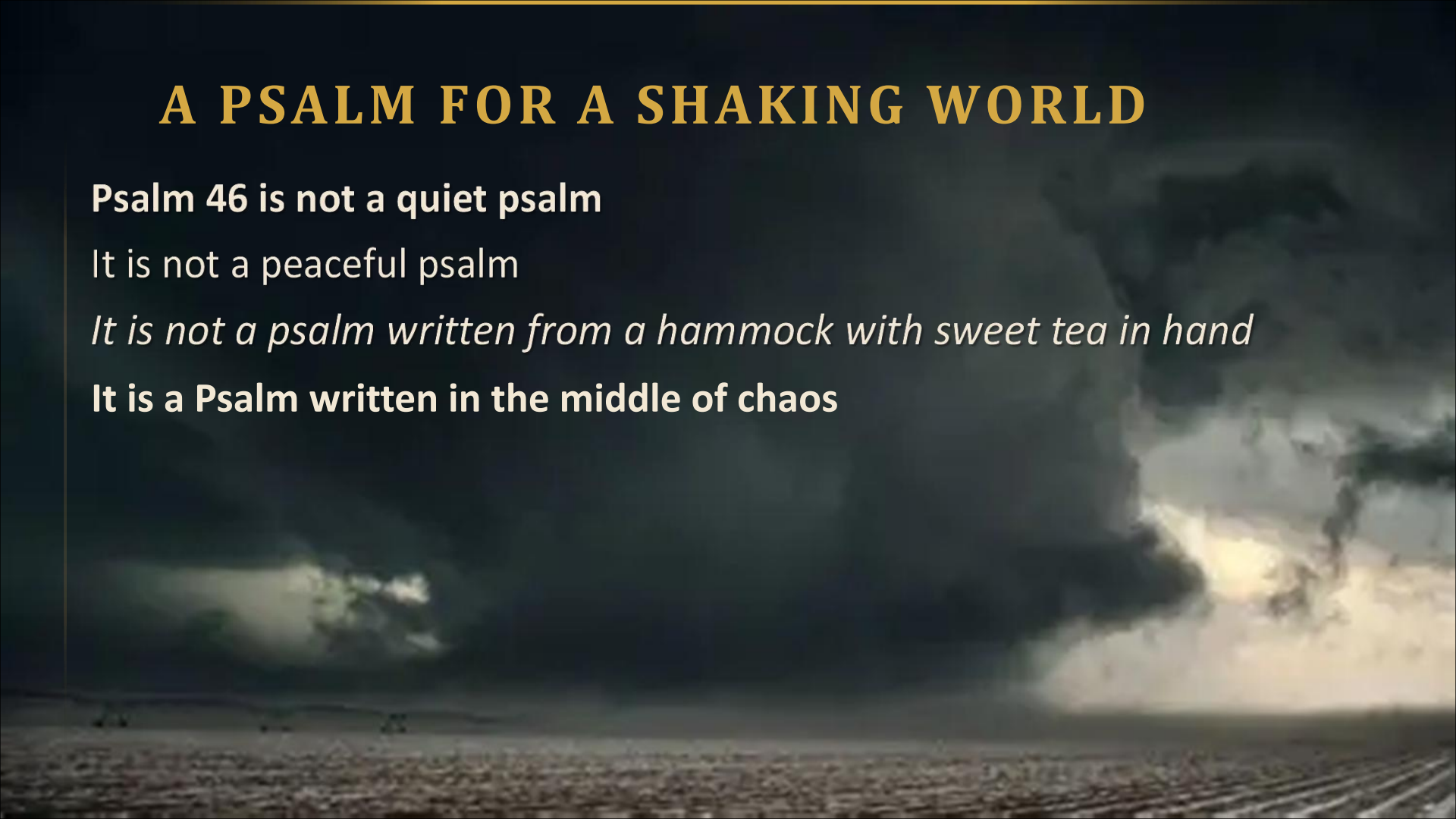
# A PSALM FOR A SHAKING WORLD

**Psalm 46 is not a quiet psalm**

It is not a peaceful psalm

*It is not a psalm written from a hammock with sweet tea in hand*

**It is a Psalm written in the middle of chaos**



# A PSALM FOR A SHAKING WORLD

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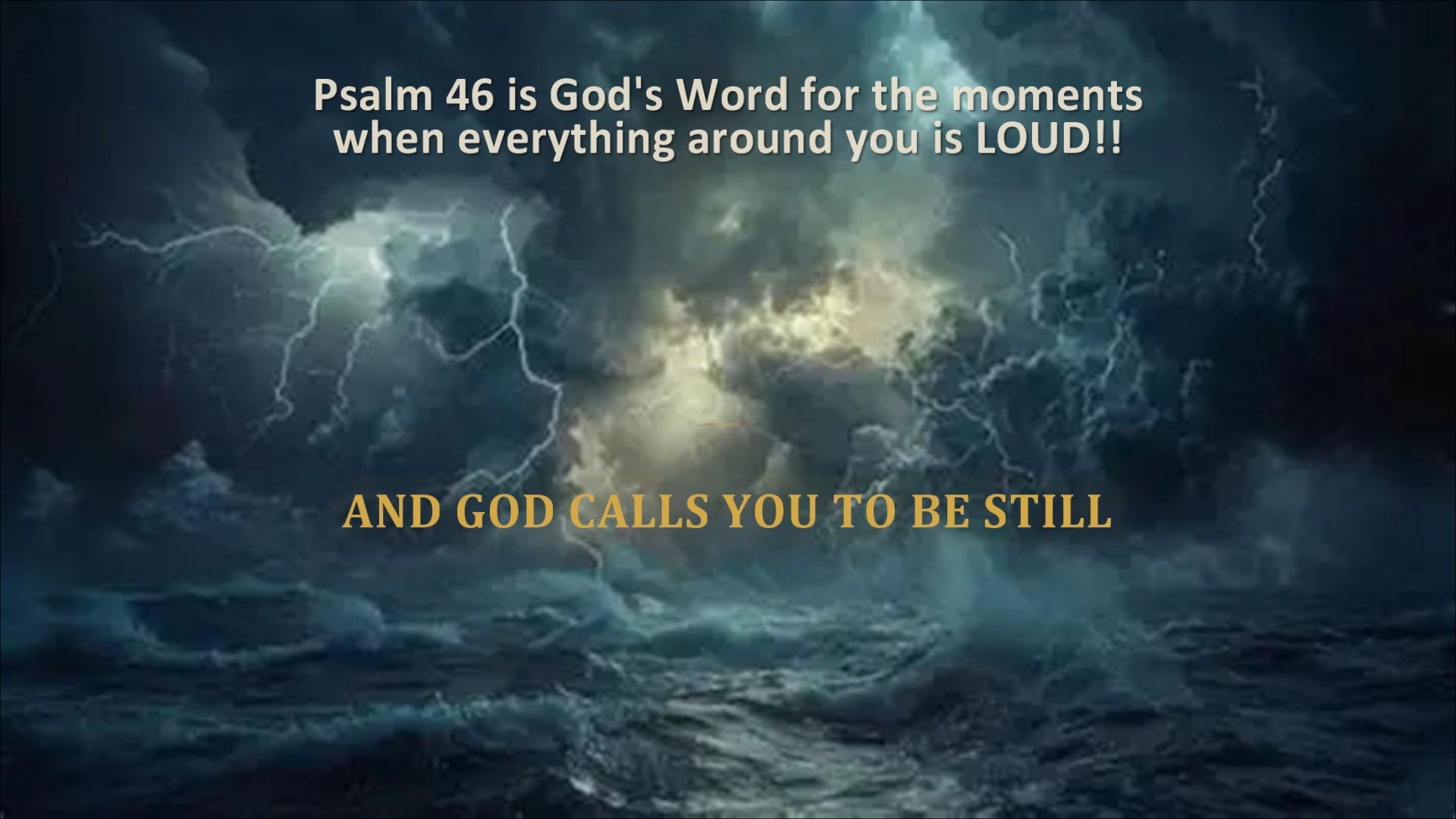
It is not a peaceful psalm

*It is not a psalm written from a hammock with sweet tea in hand*

**It is a Psalm written in the middle of chaos**

**It is a Psalm for:**

- When the ground under you gives way
- When the mountains fall
- When the waters roar
- When nations rage
- When your heart is overwhelmed
-



**Psalm 46 is God's Word for the moments  
when everything around you is LOUD!!**

**AND GOD CALLS YOU TO BE STILL**

## EXEGESIS — PSALM 46:1

*"God is our refuge and strength, a very present help in trouble."*

Let's break this down:



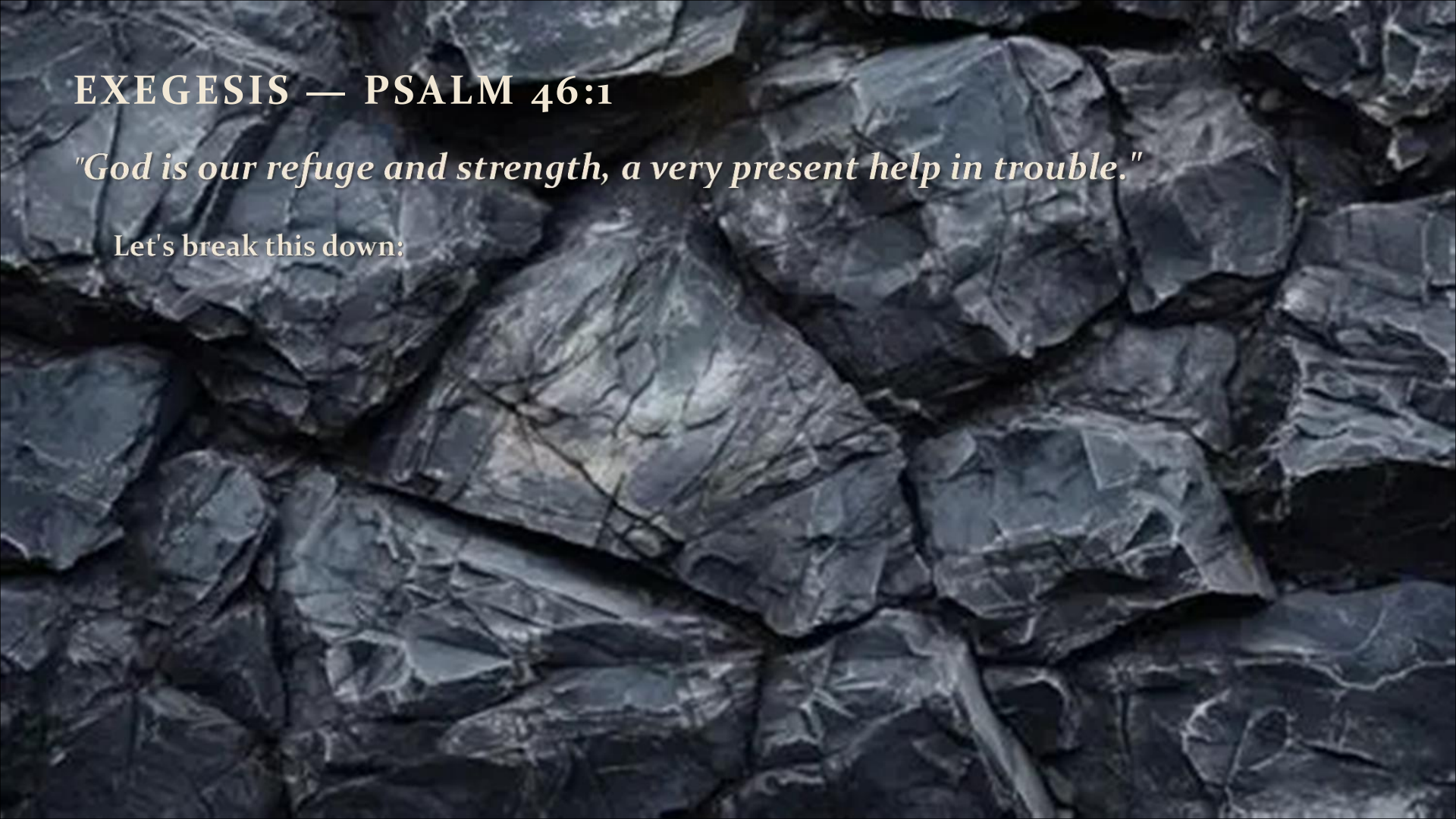
REFUGE



STRENGTH



VERY PRESENT



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## REFUGE

A place you run into  
when danger comes

Not a Theory —  
a Shelter.



## STRENGTH



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Not temporary strength  
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## VERY PRESENT

Heb= abundantly available,  
always findable. God is not hard  
to reach.

God is not far away. God is not  
waiting for you to get it together.  
He is right here, right now, in the  
middle of the trouble.

# THE STORM SHELTER

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When tornadoes hit the Midwest,  
people don't run around outside trying to hold their houses together.

They run into the storm shelter.

The storm doesn't stop —

but they're safe inside something stronger than the storm.



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**God is Your STORM SHELTER.**

**You don't have to hold your life together**

**You just have to get inside Him.**



## CHALLENGE #1

**What storm are you trying to HOLD TOGETHER with  
your own hands instead of RUNNING INTO GOD?**

# —WHEN THE WORLD FALLS APART — PSALM 46:2-3

| *"Though the earth gives way... though the mountains fall... though the waters roar..." —*

**This Is Not Poetic Exaggeration.**



# —WHEN THE WORLD FALLS APART — PSALM 46:2-3

| *"Though the earth gives way... though the mountains fall... though the waters roar..." —*

**This Is Not Poetic Exaggeration.**

**This is the psalmist saying:**

**Even If The Worst Happens...  
...God Is Still God.**

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# APPLICATION



## BE STILL IN YOUR MIND

Stop rehearsing the worst case scenario.



## BE STILL IN YOUR EMOTIONS

Let God settle the storm inside you.

## A RIVER IN A CITY WITH NO RIVER — PSALM 46:4-5

*"There is a river whose streams make glad the city of God..."*

**This is Powerful because Jerusalem had No Natural River.**

## **A RIVER IN A CITY WITH NO RIVER — PSALM 46:4-5**

*"There is a river whose streams make glad the city of God..."*

**This is Powerful because Jerusalem had No Natural River.**

**God is Saying:**

**Even when your environment lacks resources,**

**I Myself will be your supply.**

# THE UNDERGROUND SPRING

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Some cities are built on underground springs.

You can't see the water — but it's flowing beneath your feet.



# THE UNDERGROUND SPRING

Some cities are built on underground springs.

You can't see the water — but it's flowing beneath your feet.

***THAT'S HOW GOD WORKS.***

You may not see Him ...

... but He is flowing under the surface of your life.

*Be still* AND KNOW THAT  
I AM *God* †

PSALM 46:10



**ALTAR CALL PRAYER**

**"God, I RELEASE What I Cannot CONTROL**

**I SURRENDER What I Cannot FIX**

**I TRUST YOU With What I Cannot CARRY**

**Be My Refuge, My Strength, And My STILLNESS**

**Amen."**



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**Last Challenge:**

**What will you do differently knowing He is God?**



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