

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

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
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**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

A place you run into
when danger comes

Not a Theory —
a Shelter.

⚔️ STRENGTH

Not your strength
Not borrowed strength
Not temporary strength
His strength

👁️ 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.

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

This is the psalmist saying:

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

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.

CHALLENGE #2

**What noise is drowning out the quiet
river of God's Presence in your life?**

GOD BREAKS THE WEAPONS OF WAR (6-9)

Nations Rage

Kingdoms Fall

But God speaks — and the earth melts

He breaks the bow, shatters the spear, burns the shields

This is Not a Passive God

This is Not a Weak God

This is Not a Distant God

**This is a God who Steps into Conflict and says,
"Enough."**

THE FATHER WHO STEPS IN

A child was being bullied on the playground
He tried to fight back, tried to defend himself, tried to stand tall
but he was overwhelmed.

Then his father stepped onto the playground
He didn't have to swing.
He didn't have to shout
He just had to show up

And everything changed.

Sometimes God Doesn't FIGHT BY FORCE...

He Fights by SHOWING UP.

CHALLENGE #3

**Where have you been trying to be your own savior
instead of letting GOD STEP IN?**

THE DIVINE INTERRUPTION

PSALM 46:10

Now We Reach The Heart Of The Psalm —
The Verse We Quote But Rarely Understand.

"BE STILL, and KNOW that I AM GOD."

This is not a WHISPER
This is not a SUGGESTION
This is not a MEDITATION EXERCISE.

In Hebrew, "Be still" means:

"cause yourselves to let go"

- Stop fighting
- Drop your weapons
- Let your hands fall
- Cease striving
- Stop trying to CONTROL what only GOD CAN HANDLE

GOD IS SAYING: Stop Trying to

FIX what ONLY I CAN HEAL

CARRY what ONLY I CAN LIFT

MANAGE what ONLY I CAN CONTROL

| **Stop Trying to be God...**

...and Let ME BE GOD

KNOW THAT I AM GOD

*Not intellectual
knowledge BUT
EXPERIENTIAL
KNOWLEDGE.*

It means:

- Recognize Me
- Trust Me
- Surrender to Me
- Experience Me
- Acknowledge Me in the chaos

God is saying:

You don't need more answers —
you need more AWARENESS OF ME

THE CHILD IN THE DARK ROOM

A child wakes up afraid in the dark.
The shadows look like monsters.
The silence feels loud.
But when the father walks in and says,
"I'm here"

the child doesn't need an explanation.
...flashlight.
...a map.

He just needs the PRESENCE OF THE FATHER

God is saying,

"You don't need to UNDERSTAND THE DARK

You just need to Know I'M IN THE ROOM"

THE GOD WHO STAYS — PSALM 46:11

"The Lord of
hosts is with
us." — Psalm
46:11 NKJV

NOT WAS.

NOT *WILL BE.*

IS.

- He is with you in the **SHAKING.**
- He is with you in the **SILENCE.**
- He is with you in the **STILLNESS.**

◊ THE QUIET BODYGUARD

When a dignitary travels, the bodyguard doesn't shout.

He doesn't panic.

He doesn't run around.

He stands still

.....because he knows his authority.

God is Not Pacing Heaven.

He is Standing Still Beside You!!



FINAL CHALLENGE

**What do you need to release
today...**

so you can finally **be still**
and know that He is God?

ALTAR CALL — A CALL TO STILLNESS

This altar is for those who are tired of fighting battles they were never meant to fight.

For those who are exhausted from carrying what God never asked them to carry.

For those who need to drop their weapons, release their fear, and surrender control.

**Come
Be Still**

**And know —
deeply, personally, powerfully — that He is God.**

**“The LORD of hosts is with us;
The God of Jacob is our refuge.”**

— Psalm 46:11 NKJV

BE STILL AND KNOW THAT I AM GOD

**Go in peace
The Refuge holds The River flows.
The Commander reigns.**

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.”**

Last Challenge:

What will you do differently KNOWING HE IS GOD?

One of My Favorite Dad Jokes...

**While lying on the table before surgery –
I Asked the anesthesiologist if could do it
myself –HE said sure! –knock your self out!**

Doesn't quite make sense does it?

**How about when we tell God the same thing
when facing problems knowing we need His
Help !!!!!!!**