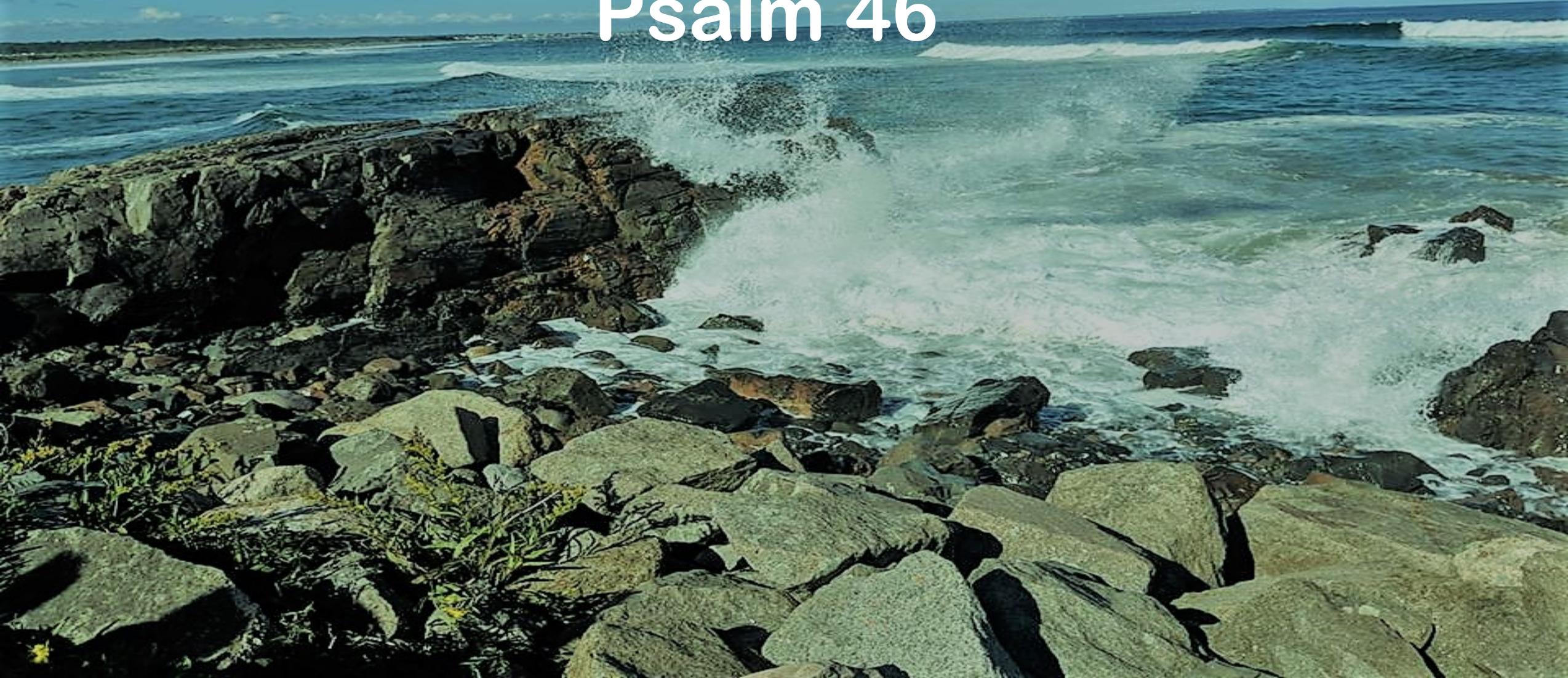


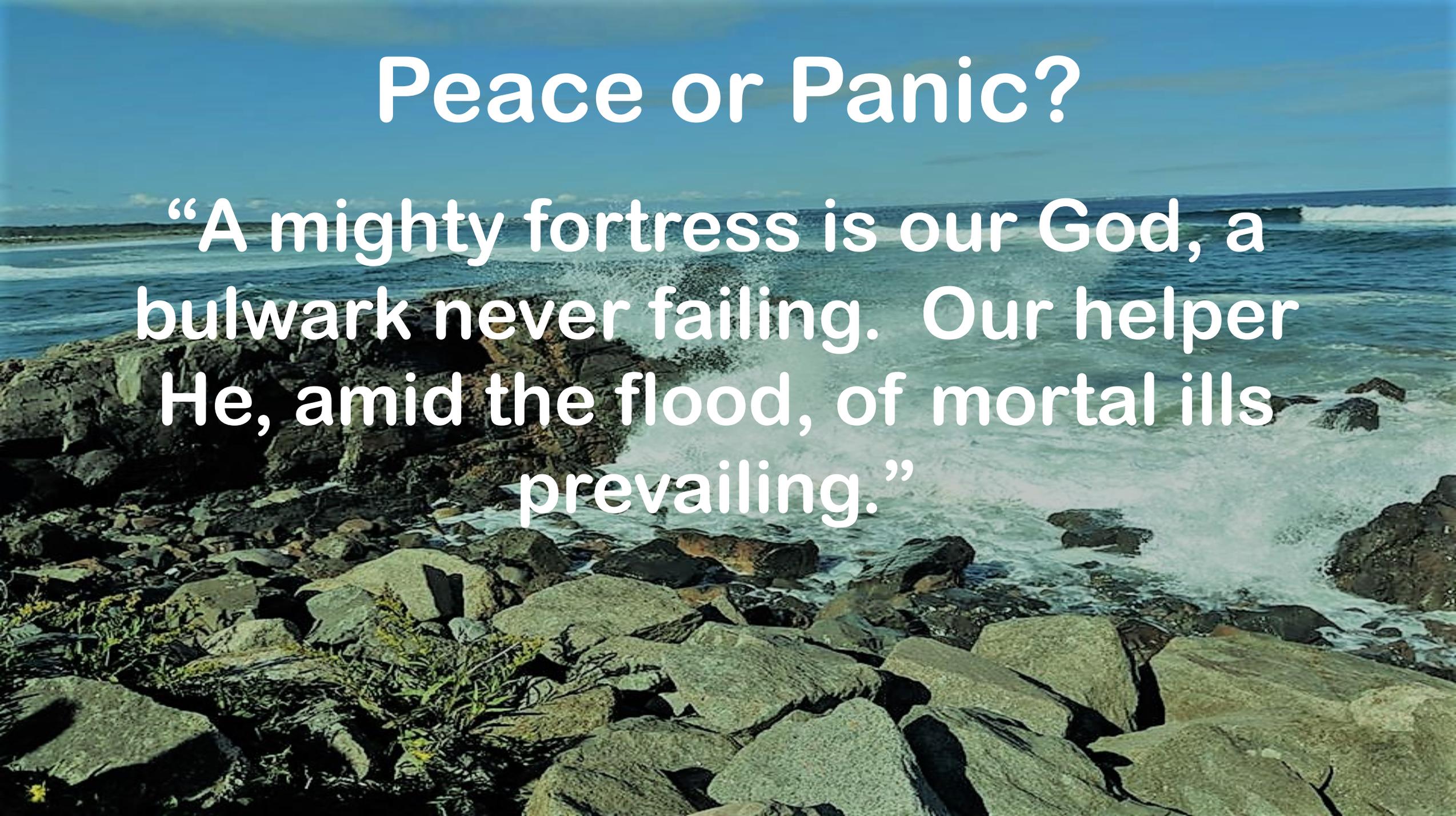
Peace or Panic?

Psalm 46



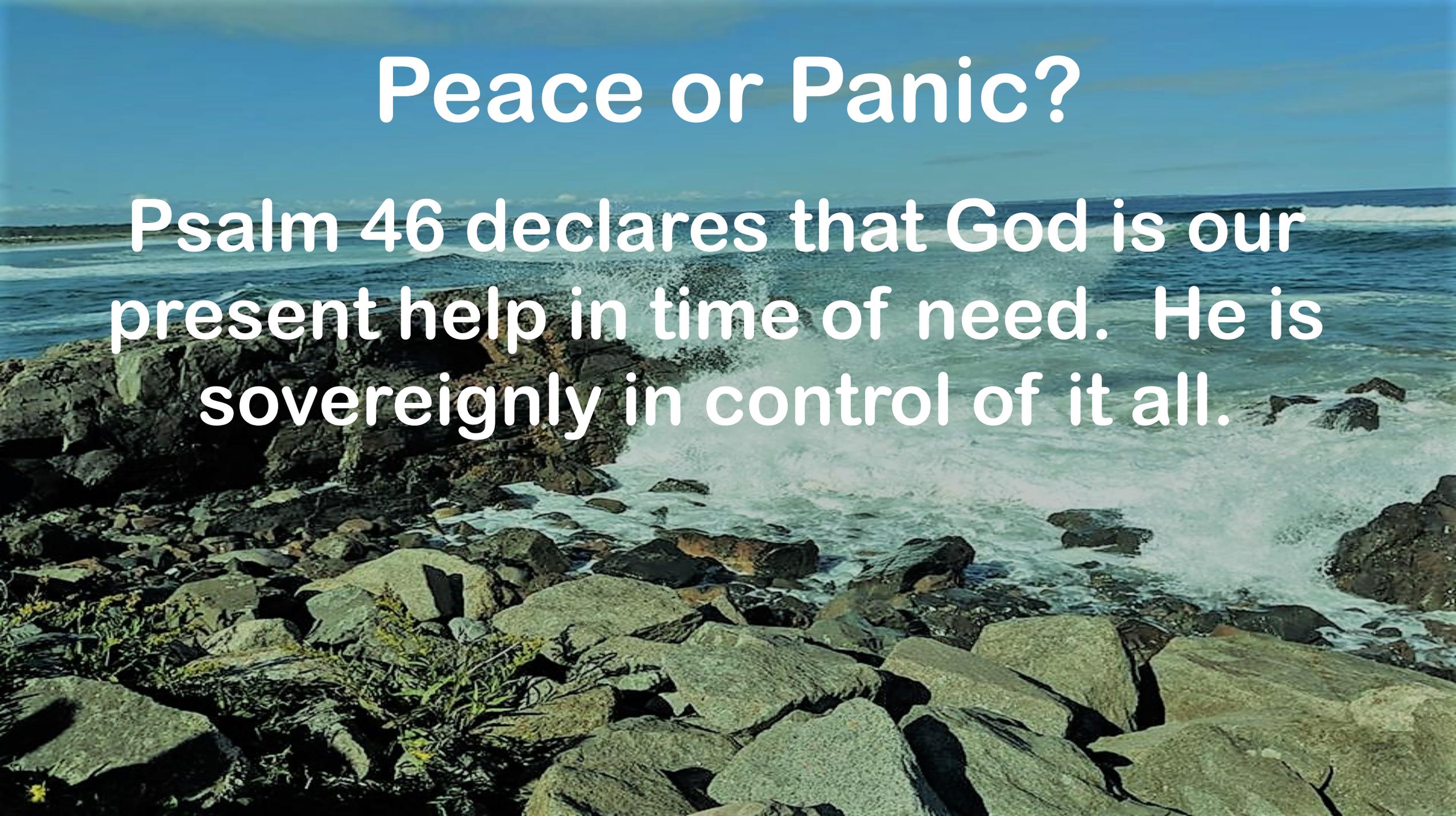
Peace or Panic?

“A mighty fortress is our God, a bulwark never failing. Our helper He, amid the flood, of mortal ills prevailing.”



Peace or Panic?

Psalm 46 declares that God is our present help in time of need. He is sovereignly in control of it all.



God is our Strong Security

Psalm 46:1-3, 7



A scenic photograph of a rocky coastline. In the foreground, dark, jagged rocks are scattered across the frame, with some green and yellow plants growing between them. The ocean is a deep blue, with white foam from waves crashing against the rocks. The sky is a clear, bright blue. The overall mood is serene and powerful.

God is our Strong Security

“God is our refuge and strength,
an ever-present help in trouble”

(46:1)

God is our Strong Security

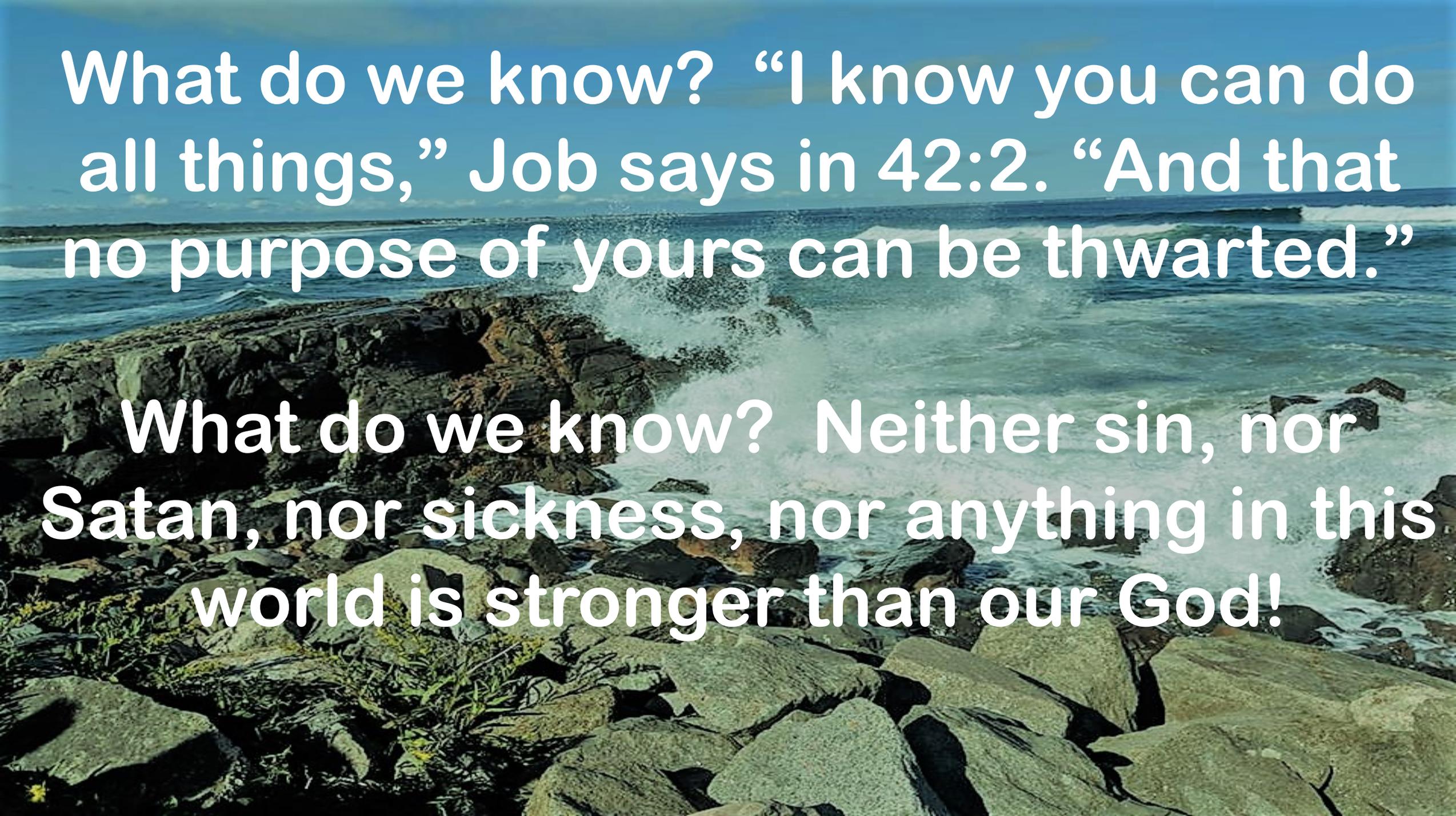
“Therefore we will not fear. Even though the earth gives way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging”

(2-3)

God is our Strong Security

If God is cut out of the picture, then there is no escape from anxiety. All is left is a constant churning of worry and panic.



A scenic photograph of a rocky coastline. In the foreground, dark, jagged rocks are scattered across the frame. The ocean is a deep blue, with white foam from waves crashing against the rocks. The sky is a clear, bright blue. The text is overlaid in white, bold, sans-serif font.

What do we know? “I know you can do all things,” Job says in 42:2. “And that no purpose of yours can be thwarted.”

What do we know? Neither sin, nor Satan, nor sickness, nor anything in this world is stronger than our God!

A scenic photograph of a rocky coastline. In the foreground, dark, jagged rocks are scattered across the frame, with some small green plants growing between them. The ocean is a deep blue, with white foam from waves crashing against the rocks. The sky is a clear, bright blue. The overall mood is serene and powerful.

God is our Strong Security

Take a deep breath and
remember His powerful
presence.

God is Our Sustaining Source

Psalm 46:4-6



God is Our Sustaining Source

“There is a river whose streams
make glad the city of God, the holy
place where the Most High dwells.
God is within her; she will not fall;
God will help her at break of day”

(4-5)

God is Our Sustaining Source

“There is a river whose streams
make glad the city of God, the holy
place where the Most High dwells.
God is within her; she will not fall;
God will help her at break of day”

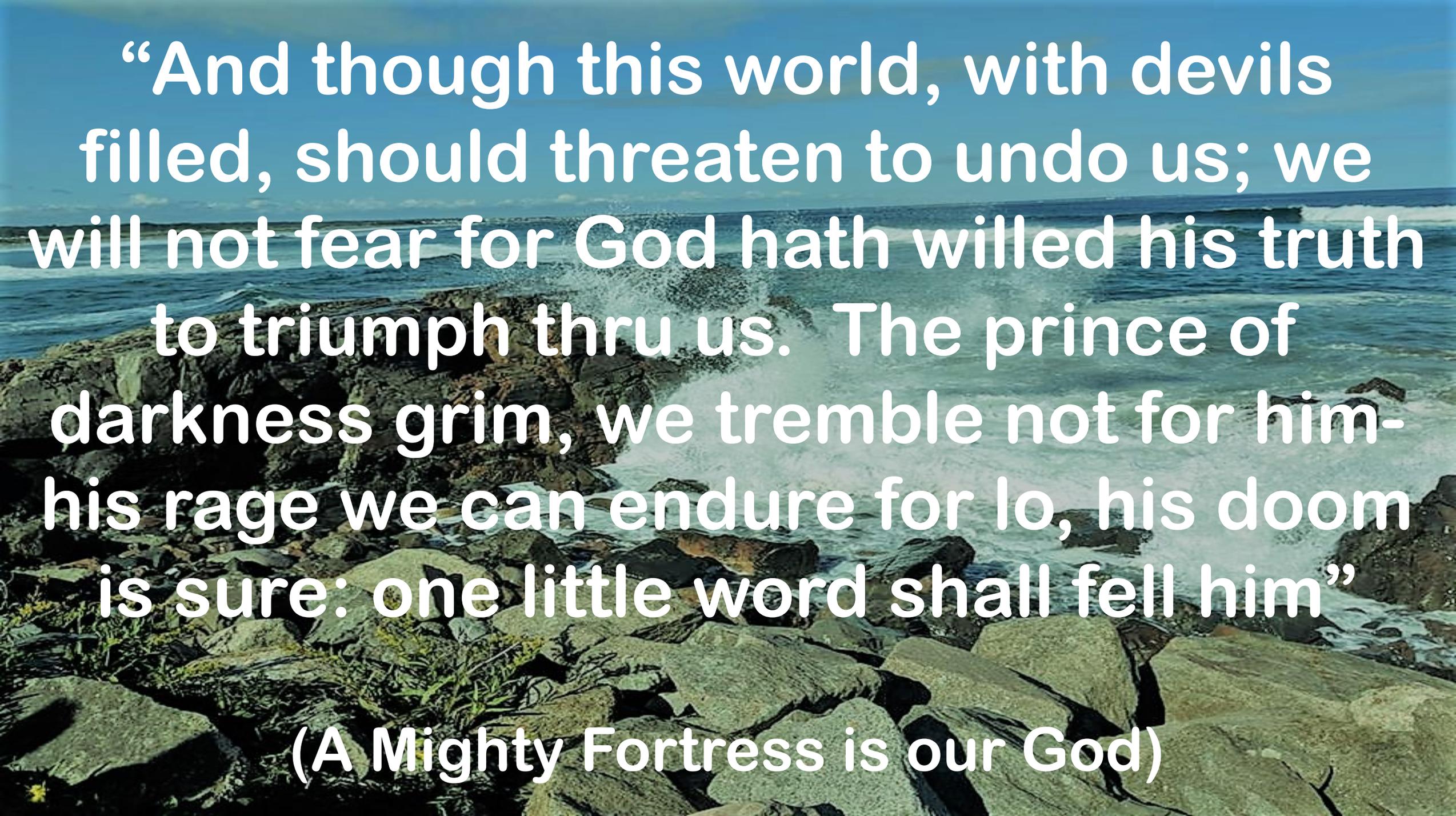
(4-5)

God is Our Sustaining Source

“Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts”

(verse 6)



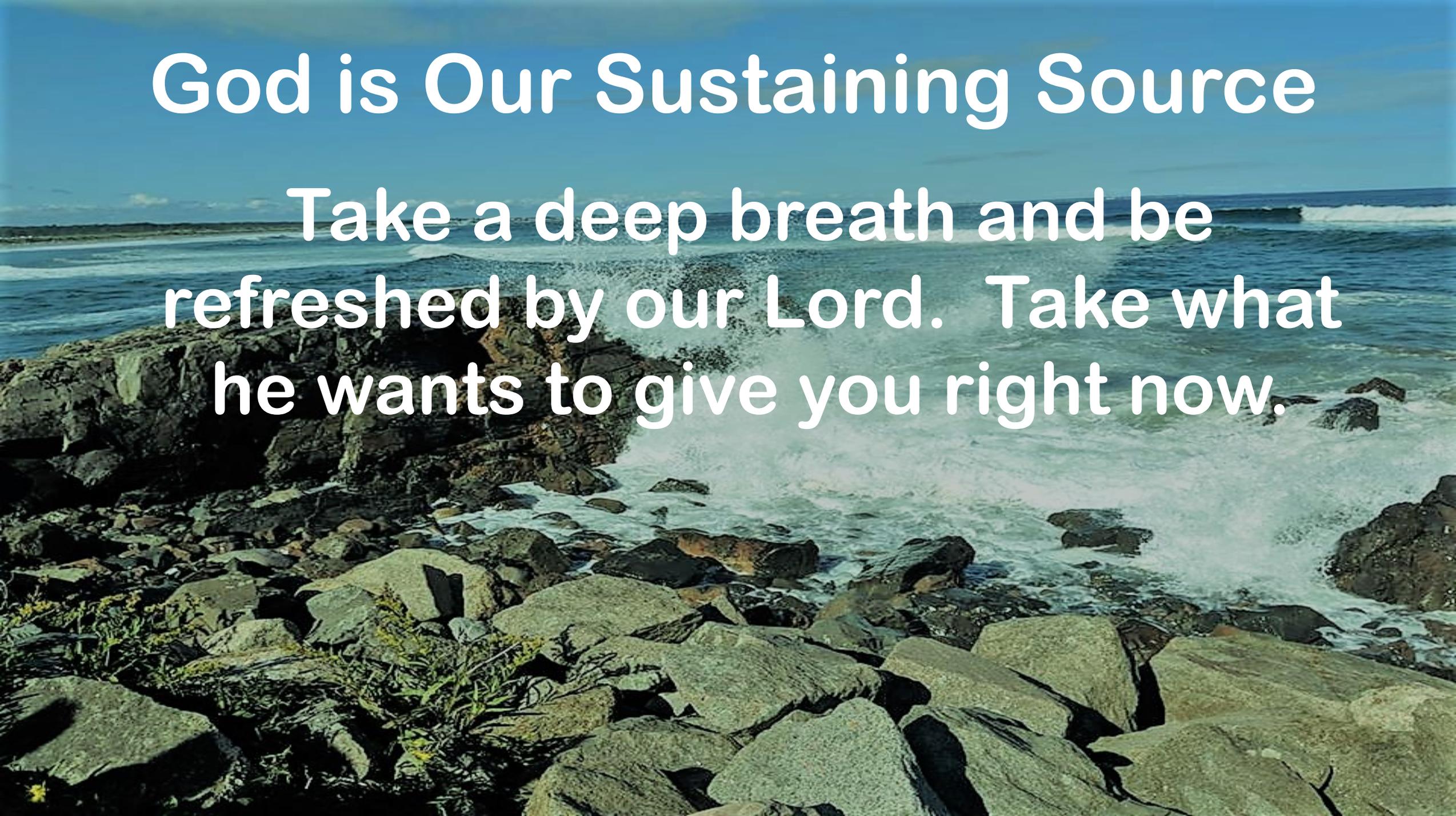
A scenic photograph of a rocky coastline. The foreground is filled with dark, jagged rocks. In the middle ground, waves are crashing against the shore, creating white foam and splashing water. The background shows a vast blue ocean meeting a clear blue sky at the horizon.

“And though this world, with devils filled, should threaten to undo us; we will not fear for God hath willed his truth to triumph thru us. The prince of darkness grim, we tremble not for him- his rage we can endure for lo, his doom is sure: one little word shall fell him”

(A Mighty Fortress is our God)

God is Our Sustaining Source

Take a deep breath and be refreshed by our Lord. Take what he wants to give you right now.



God is Supremely Sovereign

Psalm 46:8-11



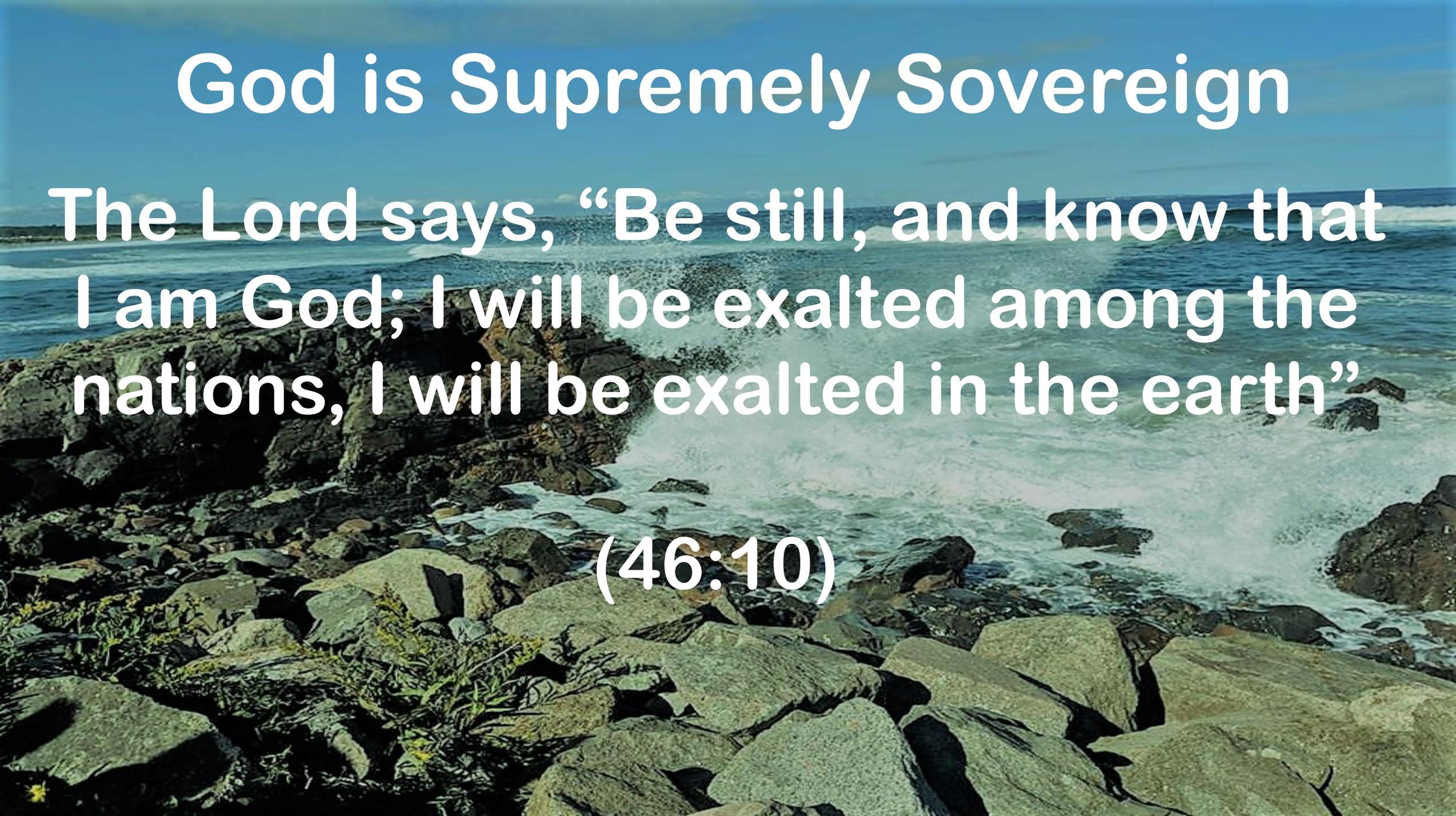
God is Supremely Sovereign

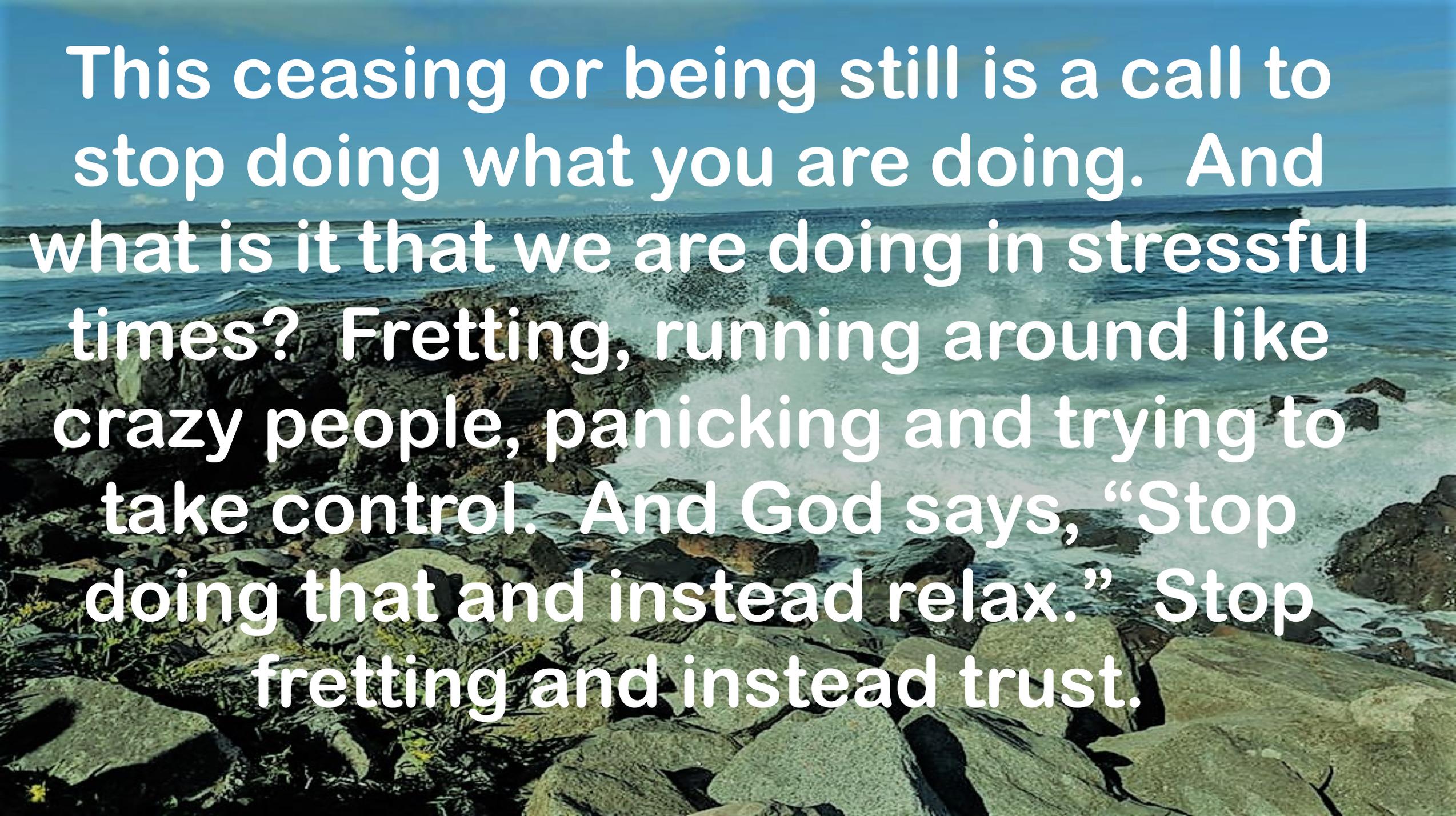
“Come and see the works of the Lord, the desolations he has brought on the earth. He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear; he burns the shields with fire.”

God is Supremely Sovereign

The Lord says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth”

(46:10)



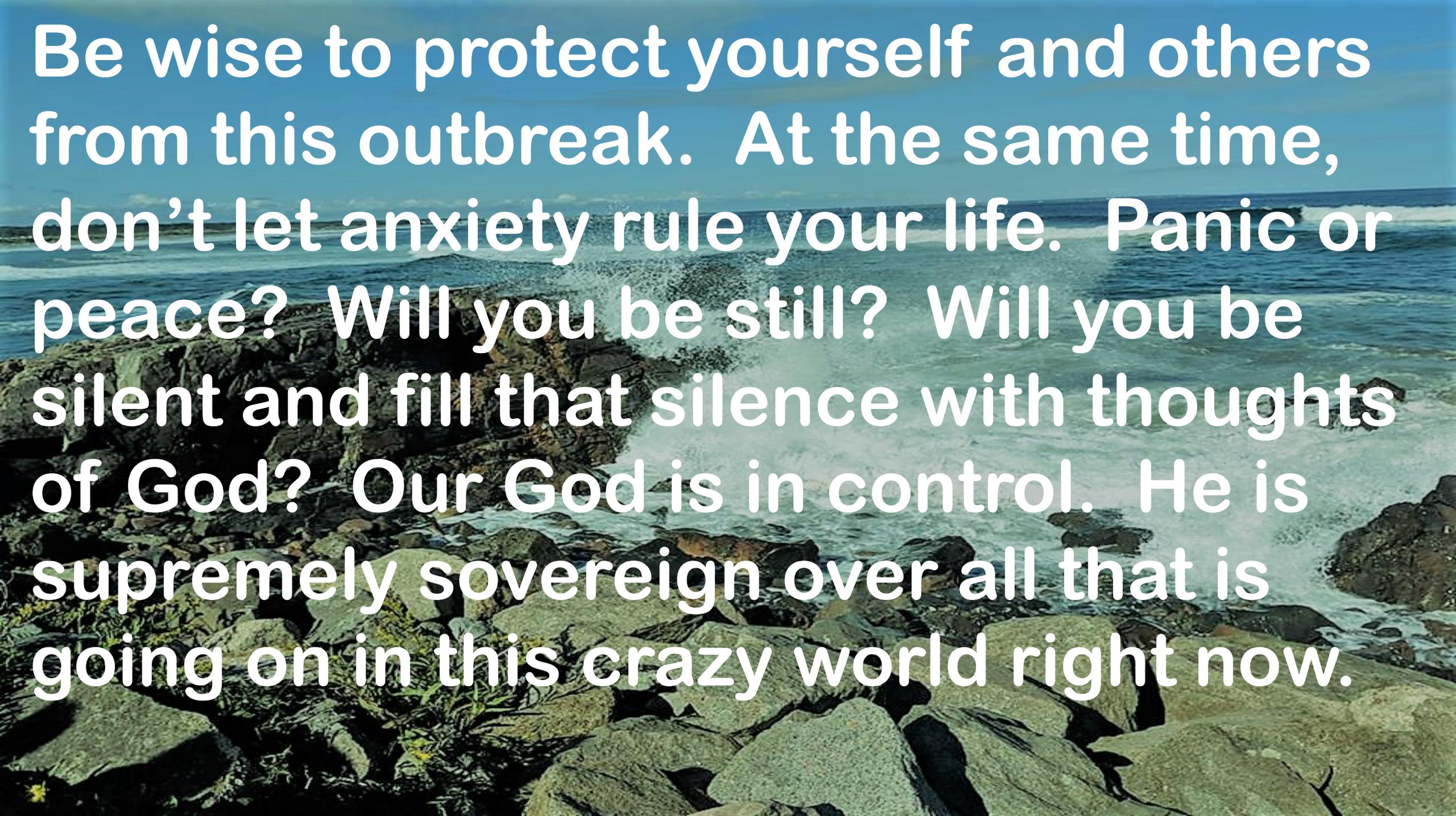
A scenic photograph of a rocky coastline. In the foreground, dark, jagged rocks are scattered across the frame. The ocean is a deep blue, with white foam from waves crashing against the rocks. The sky is a clear, bright blue. The text is overlaid in a large, white, sans-serif font, centered horizontally and vertically.

This ceasing or being still is a call to stop doing what you are doing. And what is it that we are doing in stressful times? Fretting, running around like crazy people, panicking and trying to take control. And God says, “Stop doing that and instead relax.” Stop fretting and instead trust.

A scenic photograph of a rocky coastline. In the foreground, dark, jagged rocks are scattered across the shore, with some small green plants growing between them. The ocean is a deep blue, with white foam from waves crashing against the rocks. The sky is a clear, bright blue. The text is overlaid in white, bold, sans-serif font.

God is Supremely Sovereign

Take a deep breath and relax a
little for God is in control.

A scenic photograph of a rocky coastline. The foreground is filled with large, dark, jagged rocks. The ocean waves are crashing against the shore, creating white foam. The sky is a clear, bright blue. The text is overlaid in white, bold, sans-serif font.

Be wise to protect yourself and others from this outbreak. At the same time, don't let anxiety rule your life. Panic or peace? Will you be still? Will you be silent and fill that silence with thoughts of God? Our God is in control. He is supremely sovereign over all that is going on in this crazy world right now.

Peace or Panic?

Psalm 46

