

A wide-angle photograph of a vast red rock canyon, likely Bryce Canyon, featuring numerous hoodoo rock formations. The sky is filled with soft, grey clouds, and the overall lighting suggests a hazy or overcast day. A white rectangular frame is superimposed over the center of the image, containing the text 'Psalm 46' in a white, elegant serif font. On the right side of the image, there is a vertical stack of three white upward-pointing triangles. The entire image has a warm, slightly desaturated color palette dominated by reds, oranges, and greys.

Psalm 46

Psalm 46

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God desires for us to find rest in
Him



TO THE CHOIRMASTER. OF THE SONS OF KORAH. ACCORDING
TO ALAMOTH. A SONG.

¹ God is our refuge and strength,
a very present help in trouble.

² Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,

³ though its waters roar and foam,
though the mountains tremble at its swelling. *Selah*

⁴ There is a river whose streams make glad the city of God,
the holy habitation of the Most High.

⁵ God is in the midst of her; she shall not be moved;
God will help her when morning dawns.

⁶ The nations rage, the kingdoms totter;
he utters his voice, the earth melts.

⁷ The LORD of hosts is with us;
the God of Jacob is our fortress. *Selah*

⁸ Come, behold the works of the LORD,
how he has brought desolations on the earth.

⁹ He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.

¹⁰ “Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!”

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Outline

We can find rest in God because:

V. 1-3) God is our refuge

V. 4-7) God is a protection for His people

V. 8-12) God is proven to be powerful over all things

V.1-3) God is Our Refuge

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V.4-7) God is a Protection for His People

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Revelation 21:2-3

² And I saw a holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. ³ And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God."

V.8-12) God is Proven to be Powerful over All Things

⁸ Come, behold the works of the LORD,
how he has brought desolations on the earth.

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During this time of reflection
ask yourself:

Where is your refuge?

