



BE STILL AND KNOW

PSALM 46

God is our refuge and strength,
a help always near in times of great trouble.
That's why we won't be afraid when the world falls apart,
when the mountains crumble into the center of the sea,
when its waters roar and rage,
when the mountains shake because of its surging waves.
There is a river whose streams gladden God's city,
the holiest dwelling of the Most High.
God is in that city. It will never crumble.
God will help it when morning dawns.
Nations roar; kingdoms crumble.
God utters his voice; the earth melts.
The Lord of heavenly forces is with us!
The God of Jacob is our place of safety.
Come, see the Lord's deeds,
what devastation he has imposed on the earth—
bringing wars to an end in every corner of the world,
breaking the bow and shattering the spear,
burning chariots with fire.
"That's enough! Now know that I am God!
I am exalted among all nations; I am exalted
throughout the world!"

Ideas for Individual Reflection

- Choose a word or phrase from the psalm. Meditate on it for 5 - 10 minutes. Sit in a comfortable position, focus on your inhale and exhale, listen for God in the silence.
- Turn part of the psalm into a question and journal your response. For example: "God is our refuge and strength." Write "How is God my refuge and strength?" Take ten minutes to free write your response.
- Listen to the psalm on your headphones using one of the audio-Bibles linked below. What does God want you to hear?

[NIV](#)

[The Message](#)

- Take a walk in silence and listen for God's voice.
- Take a walk and listen to a [this playlist](#). What is God wanting you to hear today?