
CORNERSTONE
COMMUNITY CHURCH

[1] God is our refuge and strength,
always ready to help in times of trouble.
[2] So we will not fear when earthquakes come
and the mountains crumble into the sea.
[3] Let the oceans roar and foam.
Let the mountains tremble as the waters surge!

Psalm 46:1–3 (NLT)

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4 A river brings joy to the city of our God,
the sacred home of the Most High.
5 God dwells in that city; it cannot be destroyed.
From the very break of day, God will protect it.

Psalm 46:4–5 (NLT)

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6 The nations are in chaos,
and their kingdoms crumble!
God's voice thunders,
and the earth melts!
7 The Lord of Heaven's Armies is here among us;
the God of Israel is our fortress.

Psalm 46:6–7 (NLT)

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8 Come, see the glorious works of the Lord:
See how he brings destruction upon the world.
9 He causes wars to end throughout the earth.
He breaks the bow and snaps the spear;
he burns the shields with fire.

Psalm 46:8–9 (NLT)

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10 “Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world.”
11 The Lord of Heaven’s Armies is here among us;
the God of Israel is our fortress.

Psalm 46:10–11 (NLT)

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The Blessing
of Stillness

10 “Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world.”

Psalm 46:10 (NLT)

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Be still

הַרְפּוּ harpû

Meaning Let go. Release your grip. Cease striving.

Picture A clenched hand told to open.

Release.

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10 “Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world.”

Psalm 46:10 (NLT)

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Know

וּדְעוּ u-de'u (from yada')

Meaning To know by experience. A person, not a fact.

Picture The way you know a friend, not a formula.

Know that I am God.

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The key to experiencing
the blessing of stillness is learning to

Release
what you're controlling

הַרְפּוּ harpû · let go

AND

Know
God personally

וּדְעוּ u-de'u · know by experience

"Be still, and know that I am God." Psalm 46:10

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