

God is our refuge and strength,
an ever-present help in trouble.
² Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
³ though its waters roar and foam
and the mountains quake with their surging.
⁴ There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
⁵ God is within her, she will not fall;
God will help her at break of day.
⁶ Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.
⁷ The Lord Almighty is with us;
the God of Jacob is our fortress.
⁸ Come and see what the Lord has done,
the desolations he has brought on the earth.
⁹ He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
¹⁰ He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
¹¹ The Lord Almighty is with us;
the God of Jacob is our fortress.
Psalm 46:1-11

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the holy place where the Most High dwells.
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God desires to bring & be our greater joy.

The imagery:

There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.

The man brought me back to the entrance to the temple, and I saw water coming out from under the threshold of the temple toward the east (for the temple faced east). The water was coming down from under the south side of the temple, south of the altar.

Ezekiel 47:1

Swarms of living creatures will live wherever the river flows. There will be large numbers of fish, because this water flows there and makes the salt water fresh; so where the river flows everything will live.

Ezekiel 47:9

The contrast:

⁵ God is within her, she will not fall;

God will help her at break of day.

⁶ Nations are in uproar, kingdoms fall;

The conclusion:

God is *pro joy*.

God gives people *guard rails to guide* them into greater joy & away from what steals, deteriorates, or destroys it.

You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

Psalms 16:11

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

John 10:10

I am the greatest threat to greater joy.

The God of the Bible is the *God of abundance* & the *God of enough*.

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

Genesis 1:29

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Genesis 2:2-3

They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. ²¹ The number of those who ate was about five thousand men, besides women and children.

Matthew 14:20-21

God is *the highest good* of mankind.

he lifts his voice, the earth melts.

7 The Lord Almighty is with us; the God of Jacob is our fortress.

Being with & becoming like Jesus is how we experience [greater joy](#) from God.

¹⁰ He says, “Be still, and know that I am God;

Create & protect a specific time to [be with Jesus](#). *(Share it with a friend)*

Meditate on & celebrate an [attribute of God](#).
(Share it with a friend)