

TRACK 7: THERE'S A RIVER IN THE RUINS



DAY 1 – WHEN THE WORLD COLLAPSES

Read: Psalm 46:1–3

*“God is our refuge and strength, an ever-present help in trouble.
Therefore we will not fear...”*

Notice this....it doesn't say God *removes* trouble—it says he is *present* in it. The Hebrew word for “ever-present” means “found,” “attainable,” or “accessible.” He’s not hard to reach. When life shakes, God doesn’t retreat—he leans in.

This psalm opens with global upheaval: earthquakes, crashing seas, crumbling mountains. It's like the psalmist is describing anxiety itself. But notice the response: *“we will not fear.”* Not because we're tough, but because our refuge isn't a place—it's a person.

Reflect:

Where do you normally run when things fall apart—distraction, control, escape, a bottle? What if refuge looked more like resting in his presence than rushing for a fix?

Prayer:

God, when the ground shakes beneath me, help me trust that you're already with me—and you're not shaken.

DAY 2 – HIDDEN STREAMS OF GRACE

Read: Psalm 46:4–7

“There is a river whose streams make glad the city of God...”

During Hezekiah's reign, the Assyrians laid siege to Jerusalem. But underground, hidden from the enemy, was Hezekiah's tunnel—a 1,750-foot channel bringing water into the city. While enemies surrounded them, God sustained them from within.

That's the river Psalm 46 points to. Not just water—but a picture of God's presence quietly sustaining us beneath the chaos. We often look for rescue from the outside, but God's Spirit flows inside, unseen but unshakable.

Centuries later, Jesus would heal a man at the Pool of Siloam—the end point of that very tunnel. The same God who provided life-saving water brought soul-healing grace.

Reflect:

What hidden “streams” has God used to sustain you lately? People, prayers, peace that made no sense?

Prayer:

Lord, remind me that even when I don't see the way, your grace runs deep—quiet, steady, and life-giving.

DAY 3 – BE STILL. LET GO. KNOW.

Read: Psalm 46:10–11

“Be still, and know that I am God...”

“Be still” doesn't mean “be silent.” In the original language it meant “to let go,” “to loosen,” or even “to release your grip.” It's the picture of unclenching your fists and surrendering what you were never meant to carry. (Don't act like you don't know that struggle!)

Then comes the invitation: *“Know that I am God.”* That word “know” (yada') isn't just head knowledge—it's deep, personal, experienced confidence. It's what you know in your bones. God isn't calling us to *guess*—he's calling us to **trust** through relationship.

Reflect:

What would it look like for you to loosen your grip today—not on responsibility, but on control?

Prayer:

God, I release what I can't control. Teach me to know you—not just as an idea, but as my steady and faithful refuge.