



REFRESH

Psalm 46

“The Lord is our refuge and strength, a very present help in trouble. Therefore, we will not fear, though the earth gives way and the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her, she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; He utters his voice, the earth melts.

The Lord of hosts is with us, The God of Jacob is our fortress.



Psalm 46

Come, behold the works of the Lord, how he has brought desolations on the earth. He makes wars cease to the ends of the earth; He breaks the bow and shatters the spear; he burns chariots with fire.

Be still and know that I am God. I will be exalted among the nations; I will be exalted in the earth.

The Lord of hosts is with us. The God of Jacob is our fortress.”



REFRESH

**This is the Word of the
Lord**

Thanks be to God



4 Truths of who God is _____

GOD IS.....

1. Our Refuge

1. Our Strength

1. Our Help

1. Our God



Refuge

A condition of being safe or sheltered from pursuit, danger or trouble.

God is our Refuge



God is our Strength



Tsarah = trouble _____

**A narrow or tight place where a person is
unable to move. Tight pressure**



God is our Help



God is our God



Be still

And Know

That I am God

God is our God



ASK

**Do we truly believe God is who He
says He is?**

God is our God





ASK

**Where in your life do you need to be
still?**

