

**Psalm 46:1-** *God is our refuge and strength, an ever-present help in trouble.*

**Psalm 18:2** - *I love you, LORD, my strength. <sup>2</sup> The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.*

**Psalm 46:2- 10** - <sup>2</sup> *Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, <sup>3</sup> though its waters roar and foam and the mountains quake with their surging. <sup>4</sup> There is a river whose streams make glad the city of God, the holy place where the Most High dwells. <sup>5</sup> God is within her, she will not fall; God will help her at break of day. <sup>6</sup> Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.*

<sup>7</sup> *The LORD Almighty is with us; the God of Jacob is our fortress.*

<sup>8</sup> *Come and see what the LORD has done, the desolations he has brought on the earth. <sup>9</sup> He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. <sup>10</sup> He says, "Be still, and know that I am God;*

**Luke 10:38-42** - **ESV** *Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. <sup>39</sup> And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. <sup>40</sup> But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." <sup>41</sup> But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, <sup>42</sup> but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."*

**Psalm 84:10** - *Better is one day in your courts than a thousand elsewhere;*

**Psalm 46: 10-11** - *I will be exalted among the nations, I will be exalted in the earth." <sup>11</sup> The LORD Almighty is with us; the God of Jacob is our fortress.*