

**Read the Psalm to yourself and consider it personally.**

**What is David telling us about God?**

**How does this apply right now, in this place, at this time?**

**Psalm 46**

<sup>1</sup> God is our refuge and strength,  
an ever-present help in trouble.

<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>[c]</sup>

<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<sup>[d]</sup> with fire.

<sup>10</sup> He says, "Be still, and know that I am God;  
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.

I encourage you to speak out up to **three** things that are of concern. What would you ask God right now if you were face to face? Do your best to be as specific and articulate as possible. Take your time, for there is no rush. When you feel like you have completed your thoughts, try to breathe your prayers aloud for 5 (or more) minutes.

1

2

3

Now that you have spoken your prayers, take time to express how God may be answering you with these requests in the space below your questions. Once again- don't rush this. Think of what you have heard about God's love, God's voice, and God's will as you listen in to what God might be saying to you, to me, and to the world.