



June 10

Passage: Psalm 46

It's Wednesday, you know what that means! The Rock is tonight and we're excited, hope you'll join us!

Tonight, as we begin working through Psalm 46, spend some time in prayer. Ask the Lord to grow you through his Word!

## **READ & DIG.** Read Psalm 46 (underline anything that sticks out to you)

This passage along with many others are the most well-known and quoted in the Scriptures. Let's pick out a few truths to check out in this section!

### **GOD IS PRESENT...**

Sometimes It feels like we are all on our own when it comes to life. We often feel like we are having to fight this battle of life all in our own strength. However, David teaches us something totally different... he teaches us that God is with us. There are few things that point to this in our passage today - *he is very present help (1) God is in the midst (5) God will help (5) The Lord of hosts is with us (7, 11)*. It's all over the passage, you see God is with us. He cares for his children. To know that God is present in your life, caring for you should bring you so much comfort in this life regardless of what comes today!

### **BE STILL AND KNOW...**

One of the most well-known verses in the whole Bible begins V10 - *be still and know that I am God*. Just how God being present brings great hope, so does doing nothing sometimes. When life seems like it is not going well, we have the tendency to try and take control of the situation. Instead, the Psalmist paints a picture for us of what should be our response - *be still and know*. When life gets crazy, when there are voices that confuse us, we must stop and listen to the Lord.

### **Apply & GO**

So, In the midst of the difficulties of life we must be still and know that God is present and working.

- take the pressure off you and put your mind on him!
- sometimes we just need to go somewhere quiet and spent time to the Lord, listening to him through his Word.
- Lastly, pray. Pray that God would work this Scripture into your life and your heart!