

## **Be still and God will be exalted**

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There's no denying that the whole world is in trouble. The most imminent danger is the coronavirus, but we all know that there will be serious economic and social effects from this pandemic. So, should we be concerned? Yes, we can be, but we should not be afraid or panicked.

We or our loved ones may get the virus and be seriously affected, but in Psalm 46, we read two times that the Lord is with us, in verses 7 and 11.

"The Lord Almighty is with us; the God of Jacob is our fortress." (NIV)

We can relate now in these uncertain times to many things that are mentioned in this Psalm. But, for me the most important takeaway is that he is our help, we should not be afraid but instead, be still and he will be exalted! Please read this entire Psalm and be encouraged.

"God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in an uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'

The Lord Almighty is with us; the God of Jacob is our fortress."

(Psalm 46:1-11, NIV)

**What do you observe about God's character in Psalm 46?**

**How do you think God's actions relate to his character in this Psalm?**

**What are some ways you can relate what is happening in this Psalm to today's situation?**

**What promises do you see here, which can comfort you today?**

**What encouragement can you take based on God's character in this Psalm?**

