



7/9/26

I'm excited to be getting people's summary statement of the gospel. It's really cool to see how different people describe the same wonderful hope of the gospel but from their unique perspectives. I'd still love to hear from more of you. If you haven't shared your summary of the gospel yet, I'd love to hear your thoughts.

*Blessings,
Jonna*

Psalm 46

Proverbs 29:26 says, "Many seek the face of a ruler, but it is from the LORD that a man gets justice." What does Psalm 46 say to help me understand this?

Vs. 1 ~ "God is our refuge and strength, a very present help in trouble."

Wait a second... that means that I NEED God as my refuge and strength. I NEED His help in trouble. There's gonna be trouble? Yes. I live in a broken world. This world is not, and is not meant to be, my heaven. God KNOWS I will have trouble here. He does not leave me to fend for myself. I can run to Him for refuge. He's strong enough to handle every difficult situation. He's strong enough to give me the strength I need to face it. I don't have to call for Him from a distant place. He is my EVER-PRESENT help. He is ALWAYS here without fail, no matter how distressing the situation.

Vs. 2-3 ~ "Therefore we will not fear though the earth give way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. Selah"

Therefore... since God is my ever-present help, refuge, and strength... I don't have to be afraid. The question is, do I really believe He's my ever-present help, refuge, and strength? Can He handle when the earth gives way or the mountains be moved into the heart of the sea? Could He handle the roaring waters that almost took me under when I thought I might lose Tim, when I was on the brink of death in pregnancy, when I grew up in a broken home, when loved

ones were taken from me in what seemed to me to be too soon, and so many other difficult times? Yes.

The problem is, I have struggled to grasp that following the Lord doesn't mean there won't be trouble. The truth is, scripture is full of troubling situations. First of all... Jesus... the gospel. Jesus had to die to save me from my earth shattering, hurricane, tsunami disaster that was my eternal future!

I was thinking about a statement I've heard over the years... "If I were the only one on earth, Jesus would have died for me." That's awesome. What I also need to understand is, "If I were the only one on earth, Jesus would have HAD TO DIE for me."

If He is my ever-present help who destroyed sin and death, is there any other situation He can't handle? I need to remember that if there's a storm raging around me, God is still with me, He promises to use every situation for my good, and I can be sure that I'm in the middle of the story. Wait. The ending will be worth it. O Lord, please help me to believe that!

Selah... ponder this. I need to ponder it or I will forget... especially when I need the Lord the most.

Vs. 4-5 ~ "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."

Revelation 22 speaks of a river flowing from the city of God in the new heaven and earth. In John 7:37-39, Jesus spoke of a river flowing from the hearts of those who believe in Jesus, that river being the Holy Spirit. God brings peace. God brings His presence. God brings a joy that no sorrow can push away. God helps me through the night, and He helps me when morning dawns.

Psalms 55:22 says, "Cast your burden on the Lord, and He will sustain you; He will never permit the righteous to be moved." No matter what causes my burden, my distress, or my trouble, God can handle it. He never expects me to handle things in my own strength! He is the river of living water from which I can always drink and be satisfied. But as they say, "You can lead a horse to water, but you can't make him drink."

O Lord, please help me to drink from Your river and be satisfied. Help me to say as the psalmist did in Psalm 42, "As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God... Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation and my God."

Vs. 6-7 ~ "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. Selah"

Selah... ponder this... No matter how bad things get... No matter what the political climate is... No matter how divided our country is... No matter what hatred there is... God is still on His throne. He is not afraid. He is not unaware. He IS able to handle it. I can trust that He's at work even when I don't see it.

God used Covid and the things that transpired around that time to expose both the anger and fear of my heart... mostly anger. 🙄 I kept trying to figure things out and predict where the situation would go. I felt like I was living in dystopian movie. God was in control the whole time. What God really exposed in me was my lack of faith in Him. I praise Him that He never gives up on me!!!

The LORD of hosts... of the heavenly angels, the armies of heaven is with me. There is no power greater than Him. The God of Jacob, the Almighty God who has power and authority over everything... all dominions, all rulers, all authorities, all powers... is my fortress... my security. Let me not forget who is with me and how huge He is!

Vs. 8-9 ~ "Come, behold the works of the Lord, how He has brought desolations on the earth. He makes wars cease to the end of the earth; He breaks the bow and shatters the spear; He burns the chariots with fire."

Let me not forget God's testimonies in the scriptures... how with Gideon, God was able to bring down the enemy without the Israelites lifting a finger against them. Let me not forget King Hezekiah's words to the people in 2 Chronicles 32:7-8, "'Be strong and courageous. Do not be afraid or dismayed before the king of Assyria and all the horde that is with him, for there are more with us than with him. With him is an arm of flesh, but with us is the Lord our God, to help us and to fight our battles.' And the people took confidence from the words of Hezekiah king of Judah."

O Lord, do I trust that the same God who fought for them will fight for me? Jesus fought the greatest battle, one that He wouldn't have had to fight if man would not have chosen to rebel against Him. He fought and He won the victory for me. Praise You!

Vs. 10 ~ "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

The LORD speaks... Be still. Cease striving. Drop your arms. Sink down into peace with the LORD. KNOW... understand... that He is Elohim... the all-powerful God.

He WILL be exalted among the nations and over the earth. This is good news! He is my safety. No power can overthrow Him. He can't be canceled.

I used to be bothered by this. I loved that I could be still and know that He's God, but I wanted to be the one exalted! O Lord, how deluded I was! How deceived I was!!! It is when I recognize my weakness and humble myself before You that I actually experience the greatest

peace and joy. Thinking I should be exalted only breeds anxiety and doubt in me! The safest place to be is with YOU, my refuge, my strength, my ever-present help in every situation, no matter how terrifying it seems. I don't have to be afraid because You can handle it. Let me be content to be safe in Your arms.

Vs. 11 ~ "The Lord of hosts is with us; the God of Jacob is our fortress. Selah"

Selah... ponder this. It's no trouble for it to be repeated because I constantly need to be reminded! You are my refuge, my strength, my ever-present help, my fortress, my God, my Lord. Isaiah 26:3-4 says, "You keep him in perfect peace whose mind is stayed on You, because he trusts in You. Trust in the Lord forever, for the Lord God is an everlasting rock." O Lord, that's the strength I need more than anything... strength to keep my eyes fixed on You. May it be so!