

# PSALM 46

Be Still & Know :: Lesson 5



“We deny it. We fake it. We mask it. We try to ignore it. But the truth stubbornly persists: we are weak and inadequate creatures! Being sinful, we fail. Being prone to illness, we get sick. Being feeble, we get hurt. Being mortal, we ultimately die. Pressure grinds the churning place. Anxiety gives us ulcers. People intimidate us. Criticism undermines us. Disease scares us. Death haunts us... How can we continue to grow in this bag of bones, covered with weaknesses too numerous to mention? We need a big dose of Psalm 46.” - Charles Swindoll



" "Elohim" suggests God's essential might and the fact that He is extremely powerful.

God's strength is not just potential, but kinetic (i.e., in motion). It is latent, but also active. Such power elicited the awe of the psalmists." - Constable



**1-3 :: GOD IS OUR PROTECTION**

God's defense of His people



**4-5 :: GOD IS OUR ENJOYMENT**



“The imagery of the river and the streams is reminiscent of the description of the river with its four branches in the passage on the Garden of Eden (Gen 2:10-14). The restoration to the presence of God is likened to a restoration to the Garden of Eden of all those who are members of the City of God.” - VanGemeren



**6-9 :: GOD IS OUR POWER**



# 10-11:: GOD'S EXALTATION

in the earth