

1-13-2020

Psalm 46 NRSV

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult. 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 the city; it shall not be moved; God will help it when the morning dawns. The nations are in an uproar, the kingdoms totter; he utters his voice, the earth melts. The LORD of hosts is with us; the God of Jacob is our refuge. Come, behold the works of the LORD; see what desolations he has brought on the earth. He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear; he burns the shields with fire. “Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.” The LORD of hosts is with us; the God of Jacob is our refuge.”

We are 10 months into this COVID restrictions. I heard we are out of the “stay-at-home” order, but still in the purple tier – so we still can’t meet. Last year some time I asked those who read these devotions for their favorite scripture. Well, I only received about 3 persons’ replies. (Is that the only ones reading this?) I had hoped we would be in discussion with each other about this. Well, here is one of my favorites: Psalm 46. I have printed up the words to make it easier for you to read this devotion.

What a beautiful psalm declaring the presence of the Lord in our times of trouble: our protector, our refuge and strength! Our God is a faithful God who is always with us as He promised! No matter what is going on in the world, the psalmist declares the help that God makes in his life; and because our God is a living God, He is our help today! How has God been a shelter, a refuge in your life in the midst of these COVID times? Can you witness to the times that God has protected you from the arrows of your enemies, in a time of uncertainty? These COVID-19 times have many afraid of what will come in the future, especially if they have lost jobs or have gotten sick or have lost loved ones. Stay at home orders have resulted in people going to the ER by themselves, as their spouse or relative couldn’t be with them. Even those who are in

labor, delivering a baby, couldn't have someone accompany them. These are trying times for many.

But in verse 11, we see the verse that is mentioned on many plaques, wall hangings: "Be still, and know that I am God!" These times of uncertainty, politically and medically, we need to reach out to God for our strength, our reminder that we are God's children, made in His image, and loved more than we can ever imagine. It is these times of trouble that we do receive comfort and peace. It is in these times when we are STILL and focused on God, knowing deep within us that God will always keep us in the palm of His hands, keeping us safe until we meet God face to face. BE STILL AND KNOW THAT HE IS GOD!

https://youtu.be/Q18GAt3_tkc ***Be Still, My Soul***