



Psalm 46

We can live our lives in the circle of swirling thoughts that torture us with the relentless question, “what if?”. Psalm 46 teaches us that our God is the God of *even if*. **God is actively in control of every aspect of our lives; we will trust Him.**

Stanza One: God is our _____. (vv.1-3)
Our response: No fear.

Stanza Two: God is a _____. (vv.4-7)
Our response: We can rest.

Stanza Three: God is our _____. (vv.8-11)
Our response: Be confident.

The course of the kingdom of God is a series of great triumphs cleverly camouflaged as disasters. Jesus always wins! He is Lord over all.

For deeper thought....

- What are some ideas on the meaning of the word *Selah*? How does this word break up this Psalm into three stanzas?
- What did you learn today about the familiar phrase, the climax of this Psalm, “Be still, and know that I am God.”
- How can beginning with God rather than beginning with your circumstances change those moments of the tormenting “what if’s”?