

Sing a New Song: Good Cheer

Psalm 46

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Psalm 46:1-11: For the director of music. Of the Sons of Korah. According to alamo. A song. God is our refuge and strength, an ever-present help in trouble. ² Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, ³ though its waters roar and foam and the mountains quake with their surging. Selah ⁴ There is a river whose streams make glad the city of God, the holy place where the Most High dwells. ⁵ God is within her, she will not fall; God will help her at break of day. ⁶ Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. ⁷ The LORD Almighty is with us; the God of Jacob is our fortress. Selah ⁸ Come and see the works of the LORD, the desolations he has brought on the earth. ⁹ He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire. ¹⁰ "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." ¹¹ The LORD Almighty is with us; the God of Jacob is our fortress. Selah (NIV)

Our Vision: Connect with Christ, Church, and Community

1. _____ by the noise of fear

_____ : God: "Adam, where are you?" Adam: "I heard your voice calling as you were walking in the garden but I was afraid for myself because I was naked! I ran away and hid!" Genesis 3:10 (JOT)

_____ : Peace upon peace for those who are near and those far away! The Lord says: "I will heal them! But the ones who do not seek my righteousness shall experience churning and be unable to find rest! The unyielding will not be able to find rejoicing and true peace!" Isaiah 57:20-21 (JOT)

2. _____ to the power of God's good courage

_____ to affirmation: God is our fortress and an exceedingly powerful help in the tribulation that finds us. Because of this, we will not

be afraid, even when the earth is in turmoil and confusion, even if the mountains are displaced to the heart of the sea. Psalm 46:1b-2 (JOT)

_____ on an alternative vision: There is a river of joy flowing through the city of our God—the sacred home of the God above all gods. God himself is living in that city; therefore it stands unmoved despite the turmoil everywhere. He will not delay his help.... Psalm 46:4-5 (TLB)

_____ to glorify God: God says, "Stop your striving and recognize that I am God! I will be exalted over the nations! I will be exalted over the earth!" The LORD who commands armies is on our side! The God of Jacob is our protector! Psalm 46:10-11 (NET)

3. _____ your spirit to "be still"

_____ strength: Be prepared. You're up against far more than you can handle on your own...God's Word is an indispensable weapon. In the same way, prayer is essential in this ongoing warfare...Keep your eyes open. Keep each other's spirits up so that no one falls behind or drops out.... Ephesians 6:13, 16, 18 (MSG)

Spiritual Action Step:

Where are you struggling with the noise of fear? Are you winning the battle against the forces that are seeking to chain you to despair and doubt? The Apostle Paul says: *For you did not receive the spirit of slavery leading again to fear, but you received the Spirit of adoption, by whom we cry, "Abba, Father."* (Romans 8:15 (NET)) Cry out to your heavenly Father for the comfort and help that only God can give. God wants to share his love with you. Set aside time to be still before God and allow him to sing over you with joy! This week read Psalm 46 and Romans 8 to enable the Spirit of Jesus Christ to share with you healing and strength in your circumstances.