

**GOD IS OUR
FORTRESS
AND REFUGE**

Psalm 46



Psalm 46

(NIV)

- A. 1 God is our refuge and strength, an ever-present help in trouble.
- B. 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.
- C. 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.
- D. 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.
- E. 7 The LORD Almighty is with us; the God of Jacob is our fortress.
- D' 8 Come and see what the LORD has done, the desolations he has brought on the earth.
- C' 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.
- B' 10 He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
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BE STILL

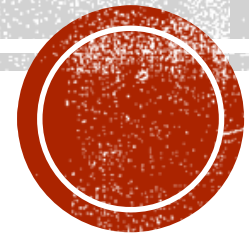
- **will not fear (emotion)**
- is with us (spiritual/Presence)
- is our fortress (physical)
- ever-present help in trouble (mental)

Psalm 46:10 He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”



GOD IS OUR FORTRESS AND REFUGE

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1. Naming Our Fears

2. Living with Gratitude

NAMING OUR FEARS

- Fear is a big issue
- Fear leads to anxiety and anger
- “*What exactly am I afraid of?*” Naming your fear(s)
 - Loss of safety and security
 - Loss of status
 - Powerlessness and helplessness
 - Loss of loved ones
 - Death
- Making friends with your fear(s) “*Hello*”



NAMING OUR FEARS

- Making friends with your fear(s) “Hello”
 - Real or imagined?
 - In our control or not?

	CAN CONTROL	CAN'T CONTROL
CAN ACT	Situation Mastery	Ceaseless Striving
CAN'T ACT	Accepting	Letting Go

- Responses
 - “Not real-lah!”
 - “Don’t go there!”



NAMING OUR FEARS

- Naming our fear is the path to our true or authentic self

Philippians 4:6–8 (NIV)

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.



BE STILL

- will not fear (emotion)
- is with us (spiritual/Presence)
- is our fortress (physical)
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Psalm 46:10 He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”



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- 1. Facing Your Fear**
- 2. Living with Gratitude**

THE SPIRITUAL DISCIPLINE OF GRATITUDE



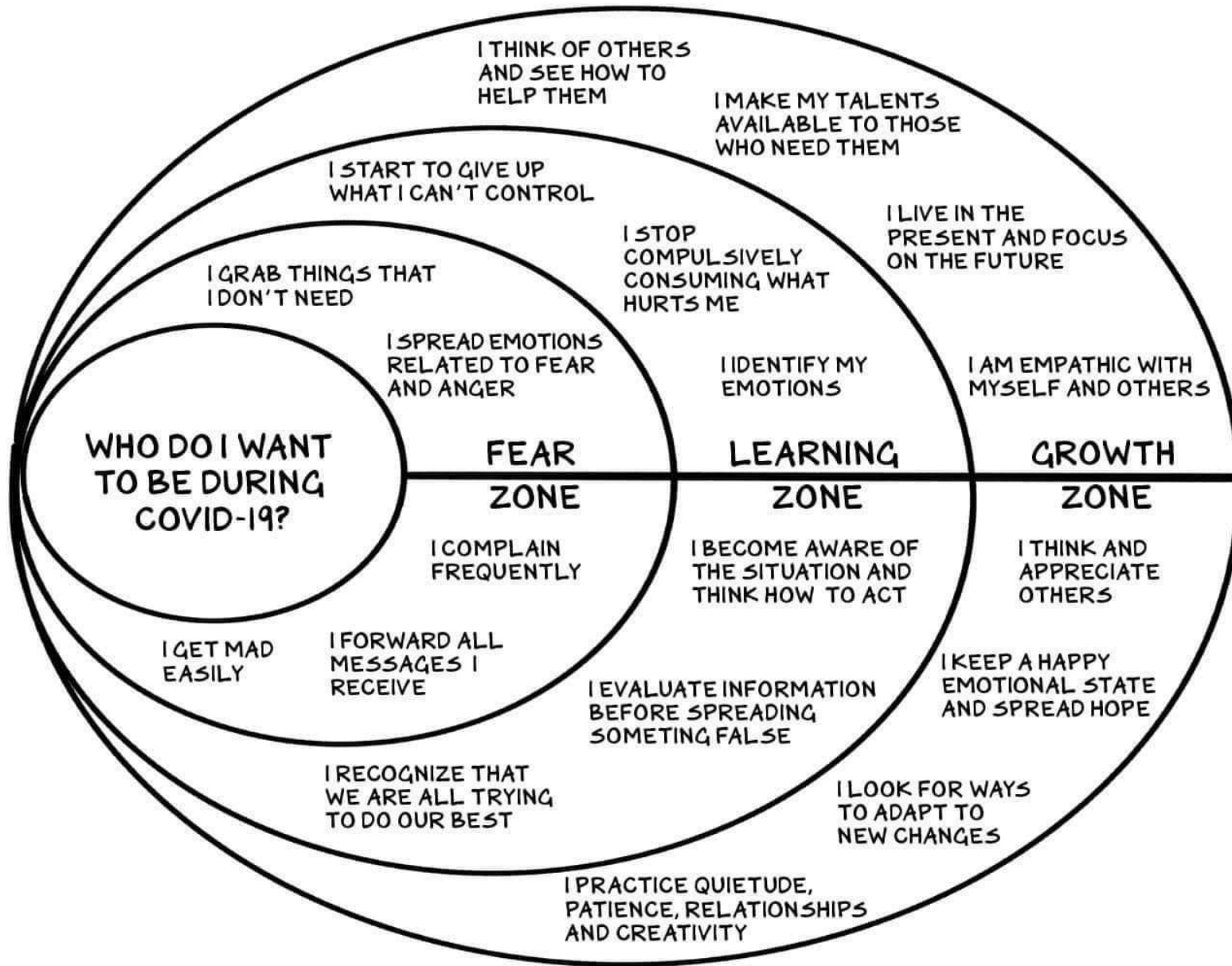
1. Gratitude Journal
2. Precious Moments
3. Gratitude Scrapbook
4. Top Ten things to be Grateful for in Your Life



GRATITUDE

- increases spiritual awareness
- promotes physical health
- maximizes positive experiences
- protects against negative experiences
- strengthen relationships





SOURCE: UNKNOWN.



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