



“Be Still and Know that I Am God” (Psalm 46) March 29, 2020

Psalm 46

1 God is our refuge and strength, a very present help in trouble. 2 Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, 3 though its waters roar and foam, though the mountains tremble at its swelling. *Selah*

4 There is a river whose streams make glad the city of God, the holy habitation of the Most High. 5 God is in the midst of her; she shall not be moved; God will help her when morning dawns. 6 The nations rage, the kingdoms totter; he utters his voice, the earth melts. 7 The LORD of hosts is with us; the God of Jacob is our fortress. *Selah*

8 Come, behold the works of the LORD, how he has brought desolations on the earth. 9 He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots 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 of hosts is with us; the God of Jacob is our fortress. *Selah*

1. The Psalmist describes a catastrophe that tears at the very fabric of order and stability in God’s creation (vv.2-3). In what ways does the COVID-19 crisis fit this description? What may be the “new normal” look like after this crisis?
2. In the next section (vv.4-7) the Psalmist describes the city of God as a protected domain where God’s people can be safe from harm because God dwells there. In what ways can this comfort us during this coronavirus outbreak?
3. In the frenzy of warring nations, God’s command is to be still and know that he is God and that he is to be exalted among the nations (v.10). In what ways might God use this COVID-19 crisis to accomplish this?
4. What are the ways in which God may be asking you to be still in your own heart? In what ways do you need to be reminded that he is God?

