

“Be Still and Know God”  
psalm 46



## Step 1



Scan QR Code or Go To:  
<https://attend.wordly.ai/join/UUCZ-2933>

## Step 2

A screenshot of the Wordly web interface. At the top is the 'wordly' logo with a blue speech bubble containing a white 'W'. Below the logo, it says 'AI-POWERED INTERPRETATION'. There is a dropdown menu for 'Choose language' with 'English (US)' selected. Below that is a text input field for 'Enter Session ID'. At the bottom left, there is a link for 'More options' and a blue 'Attend' button.

Choose Language  
Click Attend



## Step 3



Read Captions on Device  
Use Headset for Audio

The Word  
Without  
Borders

*The LORD of hosts is with us; The God of Jacob is our refuge. Selah Come, behold the works of the LORD, Who has made desolations in the earth. He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire.*

Call to the Word / Ps 46:7-11

*Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! The LORD of hosts is with us; The God of Jacob is our refuge. Selah*

Call to the Word / Ps 46:7-11

A mighty fortress is our God,  
a bulwark never failing;  
our helper he, amid the flood  
of mortal ills prevailing.

For still our ancient foe  
does seek to work us woe;  
his craft and power are great,  
and armed with cruel hate,  
on earth is not his equal.

Did we in our own strength  
confide,  
our striving would be losing,  
were not the right Man on our  
side,  
the Man of God's own  
choosing.

You ask who that may be?  
Christ Jesus, it is he;  
Lord Sabaoth his name,  
from age to age the same;  
and he must win the battle

## Introduction

Our confidence isn't in our fight, but in our Champion who has already secured the victory.

*This is an exclusive benefit we have for being His children under His care and concern.*

Introduction

2Kings 18:3, 5; 19:10-11, 15, 19-20, 31

Psalm 46: when nations rage and enemies boast, God is still our refuge and strength.

background

*The title reminds us that worship is not an afterthought—it's God's design. Worship engages our minds, our history, and even our creativity.*

*When we gather to sing, it's not filler—it's warfare, it's testimony, and it's beauty offered back to the God who rescued us.*

**Ps 46:1-3    God Present in Our Crises**

**God...**

***LORD of Hosts: Jehovah Sabaoth***

**It's God's warrior name,  
His assurance that no enemy outnumbered Him.**

**Ps 46:1-3    God Present in Our Crises**

Refuge: place of shelter

*It carries the sense of actively running to safety. It's not just having a safe place, but choosing to take cover there.*

Strength: inner stability

we find inner stability, even when our own resources are depleted.

***“Do not be afraid...  
I will defend this city to  
save it”  
(Isa 37:6, 35).***

**Ps 46:1-3    God Present in Our Crises**

*“My grace is sufficient for you, for My strength is made perfect in weakness” (2 Cor 12:9).*

**The living God Himself will be our refuge at ground level and our fortress on high.**

**Ps 46:1-3    God Present in Our Crises**

***“A very present help...”***

**He is right here, right now, fully available.**

**God is a very present help because in the moment of his greatest vulnerability—when there was no time, no power, no escape—God was already there, speaking, defending, and delivering.**

**Ps 46:1-3    God Present in Our Crises**

**How do you answer when it seems God is not immediately there or helping?**

- **Presence doesn't always mean relief - Luke 22:43**
- **God's silence is not God's absence – Ps 13:5-6**
- **Sometimes “very present help” is the people He sends – 2Ti 1:16-18**

**Ps 46:1-3    God Present in Our Crises**

# God Plays the Long Game

*“I know the plans I have for you...  
to give you a future and a hope” (Jer 29:11)*

Ps 46:1-3    God Present in Our Crises

## God Plays the Long Game

*“We get frustrated because we only see the short game, but God is playing the long game of hope. The cross was Friday’s loss, but the resurrection was Sunday’s win. And He’s still carrying us to that final green.”*

Ps 46:1-3    God Present in Our Crises

## God Play the Long Game

*“We were burdened beyond strength... but that was to make us rely not on ourselves but on God who raises the dead” (2 Cor 1:8–9).*

Ps 46:1-3    God Present in Our Crises

*“Often His help is quiet: strength for one more day, tears caught in His bottle, hope whispered through His people. Even when heaven feels silent, He is not absent. The cross says He is with you, and the resurrection says He will not leave you in the grave.”*

**Ps 46:1-3    God Present in Our Crises**

***Therefore we will not fear...***

This is the logic of faith: if God is our refuge, then fear makes no sense.

**Mat 7:24-25**

***The point: hearing Jesus' words isn't enough—we must build on them, anchoring our lives to Him as the only sure foundation.***

**Ps 46:1-3    God Present in Our Crises**

***Selah – take a breath and let that sink in.***

God is our safe-place

God is our strength

God is very present

Therefore, we will not fear... the psalmist is saying:  
*“What’s the worst that can happen? Even then... God holds us.”*

**Ps 46:1-3    God Present in Our Crises**

*Be Still and Know that I Am God*

*“Either God will heal me here, or He’ll heal me in heaven.  
I win either way.” (Lorna)*

*Her faith was a settled confidence*

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