



The Unshakeable
Foundation of God

As we consider the state of the world we live in, where war and conflict seem to dominate every news channel, natural disasters impact people globally and where broken relationships are common within communities, we take a look at Psalm 46, which gives us the confidence that God is the unshakeable foundation in any and every circumstance.

Psalm 46 reminds us who God is and where our hope is found. We can remember God's goodness and faithfulness to us. No matter our circumstances, we still have a reason to praise.

We change, our situations change, but our God does not.

Psalm 46

*For the director of music. Of the Sons of Korah.
According to alamoith. A song.*

1 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;

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.

8 Come and see what the Lord has done,
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 He says, '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.



The Unshakeable God
is My Refuge.

Read: Psalm 46:1-11 and Malachi 3:6

Psalm 46.

A declaration of worship from the nation of Israel, a Psalm of praise for God's strength and availability to his people at all times.

Psalm 46 reflects on God's miraculous deliverance of his people and his unchanging nature in the most desperate of circumstances.

The words of this Psalm are a beautiful reminder that God does not abandon us when circumstances get difficult. He is right there with us, and he does not change. Our ever-present God is not vulnerable to the challenges of this world; his power and presence will not be compromised by shifting values, differing opinions or an unstable earth.

When the circumstances of life threaten to overwhelm us, we can find refuge and rest in our ever-present, unchanging God. We can hold on to the knowledge that God is with us and to the security of knowing that God's strength is not threatened either in natural disaster (Psalm 46:2-3) or in war (Psalm 46:8-9).

God has proven his ability to see and care for us. When we are open to him, he is not hard to see or perceive; he is near and accessible. We can trust that he is God with us and he will remain the same. Amidst chaos and destruction, he provides a place of safety, peace, and security.

We can find refuge in the Lord Almighty, our refuge and strength, our ever-present help in times of trouble.

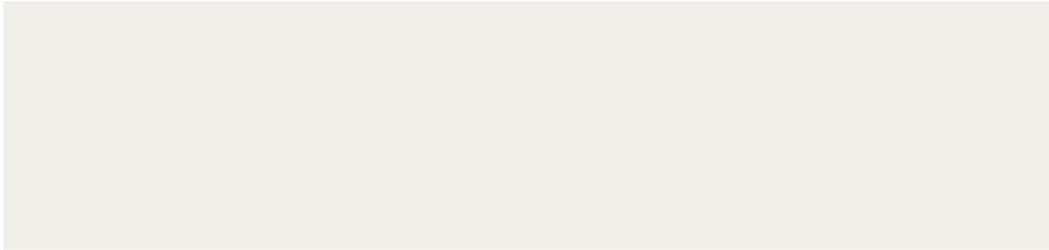
Heavenly Father,

In the midst of uncertainty, we find assurance in your unchanging presence. You are our refuge and strength, our fortress in times of trouble. May we find comfort in the certainty of your presence and the knowledge of your unfailing love.

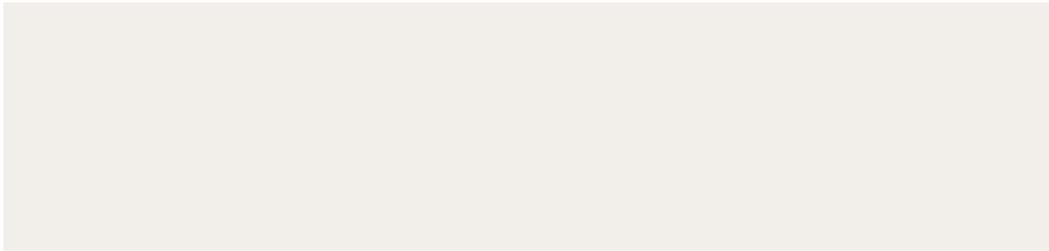
Amen.

Read the verses of Psalm 46 several times. These verses may be very familiar to you. Read them slowly and deliberately.

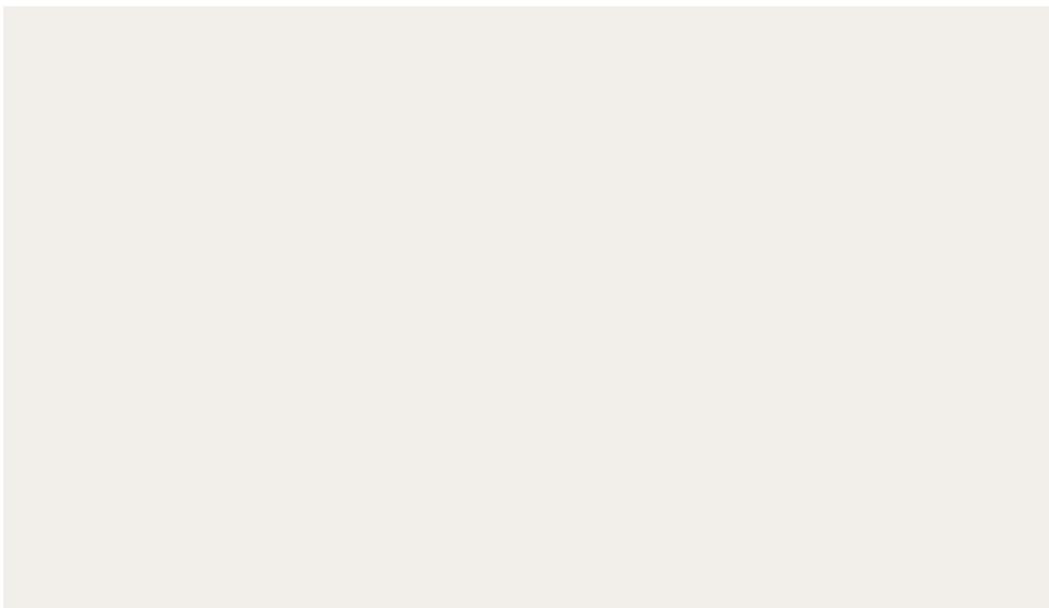
As you think about your life and the world in which we live, what does it mean to you to affirm that God is your refuge, your strength, is with you and will help you when you face trouble?



How does this make you feel?



What do you need to remember from your reflections on Psalm 46 today? Take some time to write or make a visual recording of your thoughts.





The Unshakeable God
Gives Me Courage.

Read: Psalm 46:1-11

'Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea'.

We will not fear.

This is a bold claim. A claim that is not always easy to make a reality in our lives, especially when we see chaos, uncertainty, danger and suffering in our world, in our families or in our neighbourhood.

Fear is a natural human reaction, and it is a response that can propel us into thoughtless action or stop us from moving at all. Fear for our safety, fear of consequences, fear of the unknown. Fear can be paralyzing.

There are times when the things happening around us, situations in our own lives or the stories we see in the news can feel too much to handle. We can find ourselves asking:

Where is God in all of this?

Why does God not stop this from happening?

What will happen to me and the people I love?

There are times when we won't understand what is going on around us. We can ask these questions but may never have the answers. There are times

when being unafraid, brave and courageous just doesn't feel easy. But the goodness of God does not depend upon our feelings.

These are the times when we must lean on others who support us, those who stand in solidarity with us. When we hear trusted voices, voices of those we know and love, declaring God's goodness and faithfulness, we can find hope and strength in their confidence and love. When we surround ourselves with reminders of who God is and his promises to us, we can find the courage to keep trusting.

We don't have to fear. Why? Because God is our refuge, our strength, our help in times of trouble.

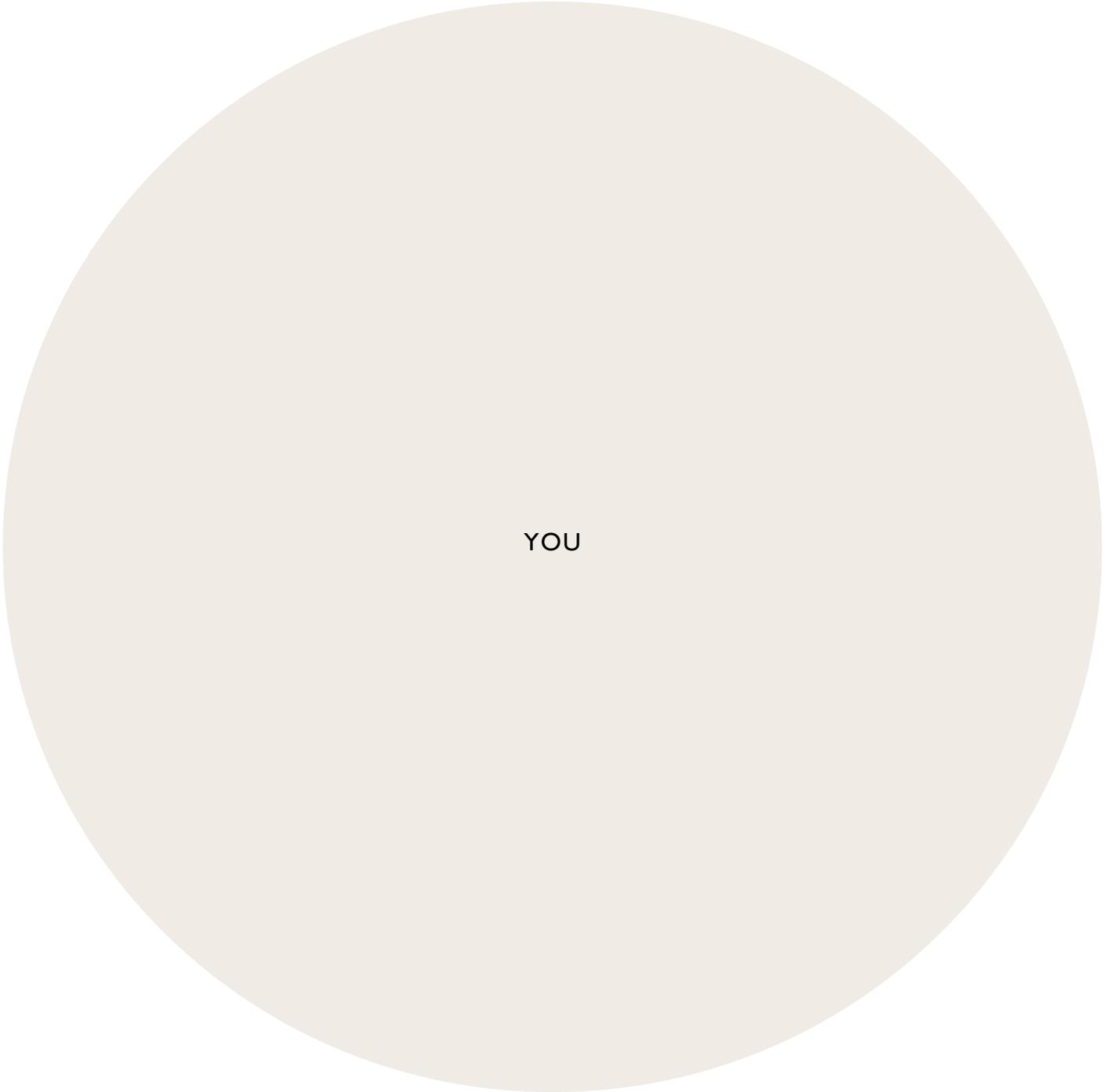
And he is with us.

Dear Lord,

When everything around me feels confusing and scary, thank you that you are the unshakeable God who knows me and understands how I feel. You are the one who gives me the courage to face my fears and who helps to keep me going, even when life seems hard. I rest in the knowledge that you are with me.

Amen.

Who are those trusted voices declaring the goodness and promises of God in your life?



YOU

Can you be a trusted voice for someone else? Who needs you to be a trusted voice for them right now?



I Can Trust My Unshakeable God.

Read: Psalm 46:1-11, Psalm 107, Psalm 116, Deuteronomy 26:5-11 and Matthew 28:20

The writer of Psalm 46 encourages us to remember what God has done and, as we remember, to learn to trust God for and with our future.

The people of Israel made space in their lives to remember, to call to mind the ways in which God had intervened in history for their good (Deuteronomy 26:5-11). It was a central point of their worship and it shaped their identity.

Belief in a God who provides for the needs of the people, who reaches out and offers salvation, pervades the Old Testament and is brought to fruition in the New Testament through the saving work of Jesus.

We can remember that Jesus, God in human form, knows how it feels to face and navigate our difficulties. His presence with us (Matthew 28:20) and his knowledge of the human condition bring assurance. Jesus knows what it is to feel joy and to feel heartache, to weep with laughter and with sadness. He knows what it is to be tired, hungry and to celebrate.

When we come before God, we don't need to come with a sanitised, word-perfect version of what is on our heart. Jesus knows what it is to be human. We come as honestly as we can, knowing that he hears and understands us.

Dear Lord,

As I recall your faithfulness to me in the past, I find assurance in your provision and salvation. Thank you that my current circumstances are not unknown to you. You are the unshakeable God, and I put my trust in you.

Amen.

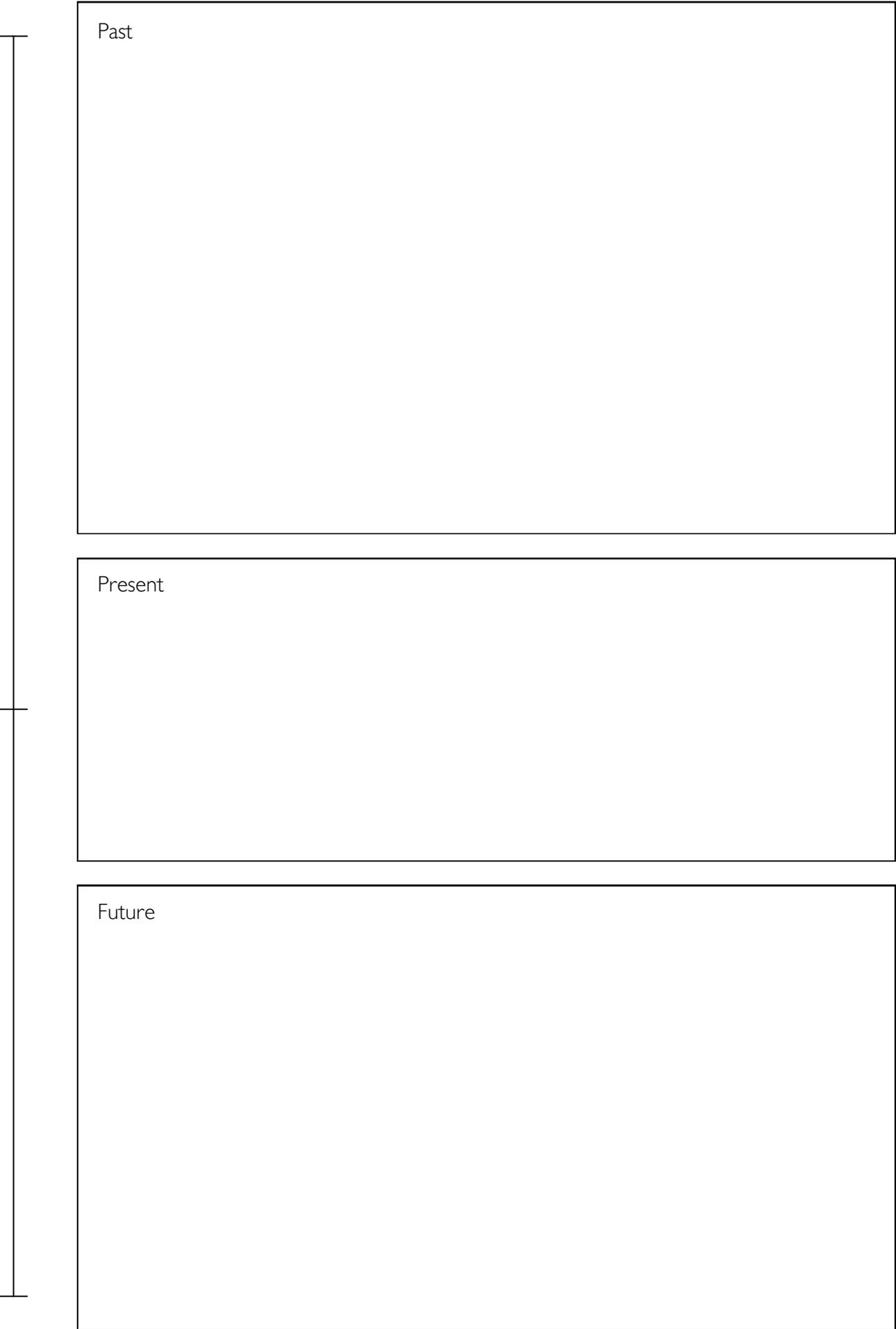
‘COME AND SEE WHAT THE LORD HAS DONE’

Spend some time reflecting on your life. You may choose to divide it into decades or significant periods.

Call to mind the times when you were aware of the presence of God. Remember what God has done in and for you.

What can you learn from this that can bring assurance for the present and the future?

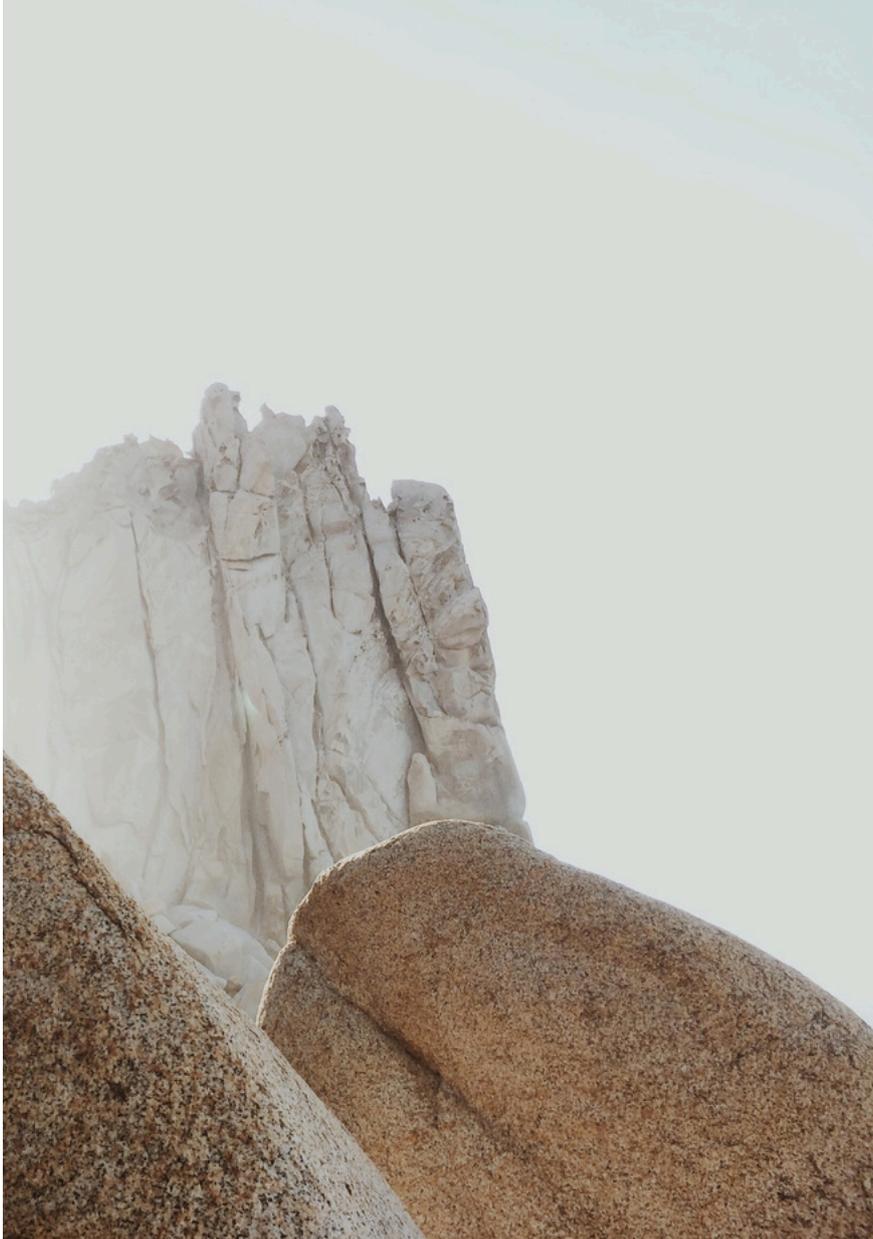
Where are you seeing God's goodness in your life right now? What are you trusting him for?



Past

Present

Future



My Confidence is in the
Unshakable God.

Read: Psalm 46:1-11 and Luke 24:13-35

Psalm 46 ends with a reminder that when we focus on God, we will see his power in every situation and at every stage of our lives. It reminds us that God is God, and God is with us. We are assured of God's presence even in those times when personal circumstances or world events take up so much of our life and energy that we find it hard to recognise that God is alongside us.

Like the disciples on the road to Emmaus (Luke 24:13-35) there may be times when we do not recognise that God is with us or that God's presence, power and strength are sufficient for our needs.

But God is there and even if none of our physical circumstances change, his presence, power and strength remain sufficient.

Our life and experience of the world is very different from that of the psalmist. Nevertheless, we can choose to claim the confidence that comes from knowing that God is, and will be, God.

Despite our fears, as we call to mind the work of God in history and in our own lives, we can be certain that God is the unshakeable foundation for every circumstance.

Dear Lord,

My confidence is in you and your absolute sovereignty over all things. Amidst life's challenges and uncertainties, help me to keep my eyes fixed on you, the unshakeable God. In your presence, I find rest and I claim this for me today.

Thank you, Jesus.

Amen.

‘... WHEN ALONE ON THE
ROAD, OPPRESSED BY
MY LOAD, *JESUS*
HIMSELF DREW NEAR
AND WALKED *WITH ME*’.

Arch R. Wiggins

What does ‘walking with’ look like for you?

A large grid of small dots, intended for writing a response to the question above. The grid consists of approximately 30 columns and 30 rows of dots, providing a guide for letter placement.

Praying for situations of conflict

We now invite you to commit time to praying for situations of conflict, both personal and in the world. You can find ideas and prompts to guide your time of prayer in the following pages and online at sar.my/spirituallife

Be still and know that I am God.

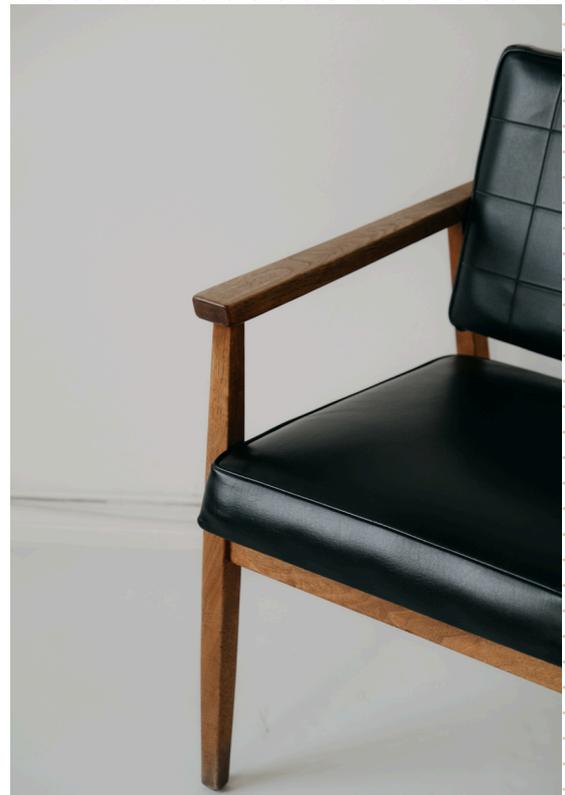
Create a quiet and comfortable place to sit with God in the quiet. You can create a comfortable seating area with cushions or blankets, or you may want to use some sheets or a tent to build a physical shelter free from distraction.

Get comfortable sitting, lying or standing in this quiet space and take time to rest in the presence of God.

Be still.

Be still and know that
God is God.

What do you need to stop
striving for and instead rely
on the strength of God?



News Headlines



There are so many people experiencing conflict in our local communities and around the world.

Spend some time looking through the newspapers, magazines and articles before you.

Cut out a headline or article that captures your attention and paste it on the poster. Write your thoughts next to them.

Offer a prayer for the specific news headline and the people it concerns.

You will need:

- a collection of local, national and international newspapers, magazines or printed news articles.
- scissors.
- glue.
- pens.
- poster paper.

As you read, you might like to ask yourself these questions:

What's happening?

Where?

Who is affected?

Who are the key leaders and who will be responding?

What are the needs right now?

Rest in the Shadow of The Almighty

Read Psalm 91:1-2

Look at the map before you.
Where on the map is the Lord drawing
your attention?

Hold a light up to the map. Move your
hand in front of the light to create a
shadow on the map over those areas
you would like to pray for.

Pray for those people to rest in the
shadow of the Almighty.



Look at the names of God and aspects of his character before you. You may want to add your own.

Who is God to you today?

What names or characteristics are you drawn to?

Why?

God	Ruler	Jehovah	Trinity
Abba	Deliverer	King of Kings	True Vine
Holy	Shepherd	Lamb of God	The way, the truth and the life
Love	Protector	Lion of Judah	Wonderful Counsellor
Yahweh	Refuge	Omnipotent	The Word
Lord	Ever-Present	My Strength	Wonderful
Father	Cornerstone	Mighty	Advocate
Creator	Elohim	Light	Consuming fire
Jesus	Everlasting God	Life	Ancient of Days
Saviour	All-powerful	Guide	Truth
Advocate	Faithful	Hope	Adonai
Almighty	Foundation	The Great Physician	Divine
The Alpha and Omega	Provider	Pioneer	Sovereign
Bread of Life	Rock	Prince of Peace	Unchanging
Christ	Immanuel	Everlasting Father	Unshakeable
Comforter	Above all	Resurrection and the Life	Gracious
Redeemer	Helper	Righteous	Merciful
	I am		Infinite



At the foot of the cross

Sit at the foot of the cross.

Hurt, bitterness, betrayal, anger, resentment – what can you leave here?

Leave anything you need to here. You may want to write it down, scrunch it up and physically leave it at the foot of the cross.

What do you need to confess?
Ask God for forgiveness.

Who do you need to forgive?

What next steps do you need to take to restore a broken relationship?

Change starts with *us.*

Change starts with us.

Write down a specific action you will take to contribute to peace (in my personal relationships, educating myself, educating others, committing to prayer) and place it on the commitment board.

Commit to resolving differences and conflicts at home, work and perhaps even at church peacefully through dialogue and compassion.

Commit to treating others with respect, practicing empathy and living in harmony with others.

Commit to praying regularly for the world and for areas of conflict.

I commit to:



'The light shines in the darkness, and the darkness has not overcome it'
- John 1:5

Jesus is the Light of the World. The light of Jesus shines through even the darkest situations, bringing hope and guidance.

Light a candle in silence while praying for a specific conflict or region. Pray that those in authority will see the 'light' and work to bring an end to conflict.



**SPIRITUAL
LIFE DEVELOPMENT**
INTERNATIONAL HEADQUARTERS