Psalm 46:1-3, 10-11

God is our refuge and strength,
a very present help in trouble.
Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea;
though its waters roar and foam,
though the mountains tremble with its tumult. Selah

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

Reflection Questions
Which of these first verses brings you comfort? Which reminds you of distress, crisis, and trouble?

How can it be possible to “be still and know” when the world sometimes feels out of control?

Have you ever known someone who has been through a lot in life, yet still retains the ability to “be still and know” that God is God? What habits or behaviors help this person keep their eyes on God?