

**Series:** “*What Works When Life Doesn’t*”

**Topic:** “*Here Comes Trouble*”

**Text:** Psalm 46:1-11

**1. The impact of stress (Psalm 46:2-3)**

- Illness, divorce, financial problems, business worries, home struggles, death, etc.

**2. God’s answer – “Be still” (v.10)**

**3. “Know that I am God” (v.10)**

**4. How to know God intimately**

- He is a refuge
- He is strength
- He is a very present help
- Discovering God’s “refuge” qualities

**5. The God of present help (v.1)**

- “*Ein Feste Burg Ist Unser Gott*”

- “A Mighty Fortress is our God” by Martin Luther

**6. Discovering the River (v.4-5)**

- Isaiah 33:21
- The real River is the Lord Himself!

**7. Relax and respond (v.1-2,5)**

- Moving our theology from our head to our heart

**8. Beholding the works of the Lord (v.8)**

- 2 Chronicles 16:9

**9. Selah! “Think on these things!”**

**10. Something to think about...**

- Be still
- Give yourself time to know God
- Respond to what you know
- Review what He has done
- Cast all your care upon Him (1 Peter 5:7)