



# MESSAGE NOTES

## Be Still and Know

PSALM 46

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So how can we live with peace, and not be filled with stress from the unstable world we live in ?

### 1. God Is Our Refuge in the Chaos - Psalm 46:1–3

God is our refuge and strength, an ever-present help in trouble.” (Psalm 46:1)  
Therefore we will not fear...” (Psalm 46:2)

God doesn’t leave us alone in chaos. He is our refuge and strength.

**Application:** This week, when you’re overwhelmed—you can stop and say:  
**God, You are my refuge. I don t have to figure this out alone.”**

### 2. God’s Presence Brings Peace - Psalm 46:4–5

There is a river...”

The river represents life, peace, and joy that come from staying close to God.

**Application:** You may not be able to change your situation, but you can choose to stay close to God.

**God’s peace flows like a river to those who remain connected to Him.**

### 3. God’s Voice Can Silence the Storm - Psalm 46:6, 9–10

The nations rage... he utters his voice, the earth melts.” (Psalm 46:6)

He makes wars to cease... Be still, and know that I am God.” (Psalm 46:9–10)

He doesn’t say, “Try harder”—He says, **Be still, and know ...”**

**Application: Ask:** God, what are You saying to me in this situation?”  
His voice is what brings peace.

### Conclusion

So this week— Don’t let fear take the lead. Stay close to God’s presence like a tree by a river. Listen for His voice, and be still.

**You don’t have to figure it all out on your own. He is still God. And He is with you.**