

# Stop and Be Aware of God

Today's main point. In difficult times, God is present and we can trust him.

There is a richness of life, a profound peace, and sustaining power available to us as we step out of the mad rush around us and cultivate an awareness of God Almighty.

## Key Scripture

Psalm 46:1-2 God is our refuge and strength, a very present help in trouble.

Therefore we will not fear though the earth gives way...

Words, Phrases, images, examples that stuck out to me.

Psalm 46 (ESV)

God is our refuge and strength,  
a very present help in trouble.

<sup>2</sup> Therefore we will not fear though the earth gives way,  
though the mountains be moved into the heart of the sea,

<sup>3</sup> though its waters roar and foam,  
though the mountains tremble at its swelling. Selah

<sup>4</sup> There is a river whose streams make glad the city of God,  
the holy habitation of the Most High.

<sup>5</sup> God is in the midst of her; she shall not be moved;  
God will help her when morning dawns.

<sup>6</sup> The nations rage, the kingdoms totter;  
he utters his voice, the earth melts.

<sup>7</sup> The LORD of hosts is with us;  
the God of Jacob is our fortress. Selah

<sup>8</sup> Come, behold the works of the LORD,  
how he has brought desolations on the earth.

<sup>9</sup> He makes wars cease to the end of the earth;  
he breaks the bow and shatters the spear;  
he burns the chariots with fire.

<sup>10</sup> “Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!”

<sup>11</sup> The LORD of hosts is with us;  
the God of Jacob is our fortress. Selah

Psalm 16:8 (NIV) I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.

Ephesians 2:17-19 (NIV) [Jesus Christ] came and preached peace to you who were far away and peace to those who were near. For through him we both have access to the Father by one Spirit.