



A Song For Anxiety

Life Songs - Part 1

November 4 & 5, 2017

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Big Idea: We can trust God and be at peace even when life seems to be falling apart.

Text: Psalm 46

I. I HAVE A _____.

God is **our refuge** and strength, an ever-present help in trouble. – Psalm 46:1

Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. *Selah*.

– Psalm 46:2-3

II. I HAVE A _____.

There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The LORD Almighty is with us; the God of Jacob is our fortress. – Psalm 46:4-7

There is a river... – Psalm 46:4a

III. I HAVE A _____.

Come and see the works of the LORD, the desolations he has brought on the earth. He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire. "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The LORD Almighty is with us; the God of Jacob is our fortress. *Selah*.

– Psalm 46:8-11

Hezekiah received the letter from the messengers and read it. Then he went up to the temple of the LORD and spread it out before the LORD. – 2 Kings 19:14

And Hezekiah prayed to the LORD: "O LORD, God of Israel, enthroned between the cherubim, you alone are God over all the kingdoms of the earth. You have made heaven and earth."

- 2 Kings 19:15

Then Isaiah son of Amoz sent a message to Hezekiah: "This is what the LORD, the God of Israel, says: ***I have heard your prayer*** concerning Sennacherib king of Assyria." - 2 Kings 19:20

MEMORY VERSE

God is our refuge and strength, an ever-present help in trouble.

Psalm 46:1