

# How to Deal with a Disaster Notes

Psalm 46

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**Main Point:** In the midst of our problems, let's pause, pivot, and praise.

## Selah (vs 3,7,11)

- Most versions of the Bible just transliterate the word from Hebrew.
- It refers to a musical \_\_\_\_\_.
- Could also refer to a musical crescendo followed by silent \_\_\_\_\_.
- Also translated \_\_\_\_\_ and interlude.
- It is thought to be rendered from two Hebrew words translated as "to \_\_\_\_\_" and "to lift up."
- Best way to think of Selah is a \_\_\_\_\_ of all these meanings.

## His Promise

- God is our \_\_\_\_\_ and strength.
  - A refuge is a place of \_\_\_\_\_.
  - Literally means "to \_\_\_\_\_" as in running to an impenetrable shelter (Psalm 142:5).
  - God promises to \_\_\_\_\_ us in His shelter and help us by His strength.
- Very present help
  - Very – He helps "\_\_\_\_\_ and greatly" (Psalm 9:9)
  - "Strength" implies we can rely on His might when we feel \_\_\_\_\_ and defenseless.
  - "A very present help" means God is \_\_\_\_\_ to give assistance because He is abundantly available in tight spaces.
  - He has \_\_\_\_\_ Himself to be such a help in the past that we can trust Him in the present.
- When our security is suddenly gone, we are to seek refuge in \_\_\_\_\_.
- Our sense of helplessness and fear should \_\_\_\_\_ us to Him.

## His Presence

- God's presence is right \_\_\_\_\_ with us.
- God's grace flows like a river to bring gladness and \_\_\_\_\_ to His people.
- God's favor is often denoted by a \_\_\_\_\_ (Psalm 36:8).
- Immanuel – God \_\_\_\_\_ us (Matthew 1:23).
- When we put our faith in Jesus, we have "God with us" at \_\_\_\_\_ times.
- God's presence means He will help us (Lamentations 3:22-23, Romans 8:39).
- The Lord Almighty has all the \_\_\_\_\_ of Heaven ready to do His work (Exodus 33:14).

- Even though Jacob had a lot of faults, God stuck with him, shaping and molding him into a man of faith.

### His Power

- We are to “run or pursue” in order to \_\_\_\_\_.
- Behold – “to perceive through sight, to peer, to spy out, to gaze \_\_\_\_\_ upon, to observe fully” and express strong feelings of surprise, hope, expectation and certainty.
- Through the death and resurrection of Jesus Christ, God has shattered sin and Satan and demolished death.
- We are called to “Be still and know that I am God.”
  - “To be still” means “to cast down or let \_\_\_\_\_.” It was used of dropping weapons (Psalm 37:7).
  - The purpose of being still is so we can \_\_\_\_\_ God.
  - To know – acknowledge and comprehend, to discover \_\_\_\_\_.
  - It is not enough to just know about Him; we are called to know Him \_\_\_\_\_.
- God will be exalted among the \_\_\_\_\_.

### Action Steps

- Get \_\_\_\_\_ with God.
- Get ready for the \_\_\_\_\_ of Jesus.
- \_\_\_\_\_ others about Jesus.
- Be the \_\_\_\_\_.