

Friday, March 20, 2020

Turn off the outside “noise” for a couple of minutes and consider this message from God’s Word. I am praying that it will calm your spirit and encourage your heart right now.

During the time of unprecedented anxiety and uncertainty, **one reality** fills us with peace, stability, security . . . even serenity! It is the fact that:

PSALM 46 (NIV)

<sup>1</sup> **God is OUR REFUGE and STRENGTH,**  
*an ever-present help in trouble.*

<sup>2</sup> Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
<sup>3</sup> though its waters roar and foam  
and the mountains quake with their surging.

*Selah.*

“God is **OUR REFUGE and STRENGTH**” — there is a place, no, a PERSON we can run to for shelter and protection when life goes haywire!

“an **ever-present help** in trouble” — it feels like there is almost a looming sense of dread hanging over us all...an emotion like we are waiting for the other shoe to fall, as the saying goes. We seem to be, as the Psalmist recognizes, “**in trouble.**” That is an ancient Hebrew word that means, “the mess we’re in!”

Yet here is hope: when we are in trouble, God is an “**ever-present help**”! God is WITH US, right now, exactly in the predicament we find ourselves. We are not alone. God is here . . . to help!

“**Therefore we will not fear**” — the reality that God is our refuge, and our strength, and the fact that He is “ever-present” to help, quiets our uncertainty and focuses our mind. God’s got this. We can release our fears and worries to God, turning them into petitions and praises.

“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” — no matter **what** happens, God’s got this. He has seen His people through tragedies and horrifying experiences for years . . . decades . . . centuries . . . millennia! And He won’t stop **today.**

“*Selah.*” — a Hebrew word of uncertain meaning, but which some scholars believe may be a musical notation. You see, the Psalms were originally composed as songs to be sung by God’s people in community) — “*Selah*” conveys a sense of . . .  
“Stop.” “Slow down.” “Pause here.” “Take a moment and reflect.” “Think about what God is speaking to your heart through this Psalm.”

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God's **got** this.

*"Take a moment and think about that."*

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May God's grace & peace be poured out on you and those you love,

Pastor Doug

P.S. We would love to hear from you! How are you doing right now? And we would love to pray for you! Email us at [info@bethanyonline.net](mailto:info@bethanyonline.net)

P.P.S. Keep checking this page — we will try to post fresh encouragement **every day** during this crisis!

P.P.P.S. And watch our **LIVE-STREAM Worship Service** this coming Sunday at 10:30 a.m. for more encouragement.