

PSALM 46 – PRAYER GUIDE

By Willie Nolte

To the choirmaster. Of the Sons of Korah. According to Alamo. A Song.

- 46** God is our refuge and strength,
a very present help in trouble.
- ²Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,
- ³though its waters roar and foam,
though the mountains tremble at its swelling. Selah
- ⁴There is a river whose streams make glad the city of God,
the holy habitation of the Most High.
- ⁵God is in the midst of her; she shall not be moved;
God will help her when morning dawns.
- ⁶The nations rage, the kingdoms totter;
he utters his voice, the earth melts.
- ⁷The Lord of hosts is with us;
the God of Jacob is our fortress. Selah
- ⁸Come, behold the works of the Lord,
how he has brought desolations on the earth.
- ⁹He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.
- ¹⁰“Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!”
- ¹¹The Lord of hosts is with us;
the God of Jacob is our fortress. Selah

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REVERENCE:

God's Praiseworthy Attributes:

- Our Refuge: (Our Shelter, Help, Hope, and Healer) v. 1
- Our Strength (Our Power, Might, Our Security, Boldness) v. 1
- Our actively present Help in Trouble. v. 1
- The One who is “with us” in times of trouble v. 7

Possible Prayer Prompts:

- I thank You, Lord, for being my refuge, my shelter when I faced _____.
- Thank you for giving me the strength to endure this _____.
- Lord, You were present and my Help the day I _____.
- I worship You today because You revealed Yourself to me when _____.
- I praise You, Lord, because You stopped _____ from bringing me harm.
- I praise You for the peace/shalom you have given me in spite of _____.

- I present my body to You as a living sacrifice, glorify Your name in me and through me today as I _____

RESPONSE:

- I can stop—Be Still, and Know that You, for certain...are God. v. 10
- Forgive me for rushing headlong into _____ without consulting You. v. 1
- Forgive me for turning to _____ for my refuge, instead of trusting in and turning to You. v. 4
- As the nations rage (v. 6) and people around me attack, I pray that I will seek to glorify You as I deal with_____.
- I confess that I seek the help of _____ before pausing to be “with You” and seeking to “hear” from You. v. 7

REQUESTS:

As I trust You to provide all I need to do Your will...I ask You:

- To be my refuge and my help as I face_____ v. 1
- To give me the strength to overcome the temptation to _____ v. 1
- Help me truly trust and honor You in the midst of this Pandemic v. 10
- Give me eyes to see and ears to hear to join You in the work You are doing all around me. V. 8
- As the COVID-19 virus has affected life all around us (v. 2), empower me exalt You (v. 7) and be Your witness to _____.
- As the flood of situations like _____ are downing me, may You be my peace as I live through it. v. 3-4

READINESS:

Lord, lead me because:

- You are present (with me) and will never leave or forsake me as I face_____ v. 1
- You will be exalted in me and through me, even when life flips upside down. Just like _____ v. 2
- You have reminded me of Your ultimate victory (v. 4-5) and I can live to honor You as I face _____
- I have become still and have been reminded that life, no matter how it goes, is to glorify You and exalt Your name. v. 10 May I do this today by _____