

MESSAGE NOTES

July 14, 2019

POURED OUT
Psalm 46
Pastor Jeff Nelsen

Practicing Psalm 46 Together

Psalm 46:1-2,10

God is our refuge and strength
God is our refuge and strength
An ever-present help in trouble
An ever-present help in trouble

Therefore we will not fear
Though the earth give way
And the mountains fall
Into the heart of the sea.

God is our refuge and strength
God is our refuge and strength
An ever-present help in trouble
An ever-present help in trouble

Be still, and know, that I am God
Oh, be still and know, that I am God
I will be exalted among the nations
I will be exalted in the earth
I will be exalted in the earth

God is our refuge and strength
God is our refuge and strength
An ever-present help in trouble
An ever-present help in trouble

An ever-present help in trouble

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Lyrics from New International Version

■ The _____ teach us to pour out our ♥ _____ the LORD. Psalm 62:8

■ The _____ of _____ show _____ how to do this _____.

God is our refuge and strength, an ever-present help in trouble. Psalm 46:1
The LORD Almighty is with us, the God of Jacob is our fortress. Psalm 46:7,11

WHEN TIMES OF TROUBLE COME

① _____ with _____. We will _____ our minds on who _____ is. Isa 26:3

■ God is our _____, our _____, our _____ & our fortress.

■ He's the LORD of _____ & the God of _____. Lk 2:13; Gen 25-32;37-49

■ God _____ is our ultimate source of _____ & _____.

■ *Selah* = _____, let what we've just declared _____ . vss 3,7,11

Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea. Psalm 46:2

② _____ not _____. We won't let fear have the _____. Isa 41:10

■ Even _____ all else we consider _____ & stable _____.

■ *Trouble* = _____ by natural & national disasters and war.

He says, "Be still, and know that I am God;
I will be exalted among the nations, I will be exalted in the earth." Psalm 46:10

③ _____ & _____ the LORD is God. He will be exalted. Phil 2:6-11

■ *Be still* = stop what you're doing & cease _____. 2 Kgs 19; Jn 16:33

■ God says, "Will you _____ Me & surrender _____ to Me?"