

Psalm 46



God is our refuge and strength,
a very present help in trouble.

Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea;
though its waters roar and foam,
though the mountains tremble with its tumult.

Selah

There is a river whose streams make glad the city of God,
the holy habitation of the Most High.

God is in the midst of the city; it shall not be moved;
God will help it when the morning dawns.

The nations are in an uproar, the kingdoms totter;
he utters his voice, the earth melts.

The Lord of hosts is with us;
the God of Jacob is our refuge.

Selah

Come, behold the works of the Lord;
see what desolations he has brought on the earth.

He makes wars cease to the end 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 am exalted among the nations,
I am exalted in the earth.’

The Lord of hosts is with us;
the God of Jacob is our refuge.

Selah



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GUIDED IMAGERY PRAYER

1. Find a quiet, comfortable place
2. Choose a small portion of scripture
3. Read the passage once
4. Read through the passage again, slowly, contemplating the words by:
 - Picturing yourself in the scene
 - Using your senses to imagine how it looks, sounds, feels, smells, or even taste
 - Ponder how the verse makes you feel
5. Read the verses as many times as you would like and think about:
 - What do these words reveal about God?
 - What do these words reveal about me?
 - How can I respond to the meaning of this passage?

