understanding

Ling God's restorative path

Psalm 46
MAM

God's Presence In Pain

PSALM 46:4-7

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth give way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. 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 her; she shall not be moved; God will help her when morning dawns.

The nations rage, the kingdoms totter; he utters his voice, the earth melts. The LORD of hosts is with us; the God of Jacob is our fortress. Selah Come, behold the works of the LORD, how he has brought desolations on the earth. He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire.

"Be still and know that I am God. I will be exalted among the nations, I will be exalted among the nations, I will be

The LORD of hosts is with us; the God of Jacob is our fortress. Selah

The Context of Pain vs. 2-3

And Hezekiah prayed before the Lord and said: "O Lord, the God of Israel, enthroned above the cherubim, you are the God, you alone, of all the kingdoms of the earth; you have made the heavens and the earth. Incline your ear, O Lord, and hear; open your eyes, O Lord, and see; and hear the words of Sennacherib, which he has sent to mock the living God. Truly, O Lord, the kings of Assyria have laid waste the nations and their lands and have cast their gods into the fire, for they were not gods, but the work of men's hands, wood and stone. Therefore they were destroyed. So now, O Lord our God, save us, please, from his hand, that all the kingdoms of the earth may know that you, O Lord, are God alone."

- 2 Kings 19:15-19

The Context of God's Presence vs. 1, 4-5

Deuteronomy 20:1 "When you go out to war against your enemies, and see horses and chariots and an army larger than your own, *you shall not be afraid of them, for the Lord your God is with you,* who brought you up out of the land of Egypt."

Deuteronomy 31:6 "Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."

Deuteronomy 31:8 "It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."

Joshua 1:5 "No man shall be able to stand before you all the days of your life. Just as I was with Moses, so I will be with you. *I will not leave you or forsake you.*"

Joshua 1:9 "Have I not commanded you? Be strong and courageous. **Do not be frightened,** and do not be dismayed, for the Lord your God is with you wherever you go."

Psalm 23:4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Isaiah 41:10 ...fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Isaiah 41:13 For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you."

Isaiah 43:2 "When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you."

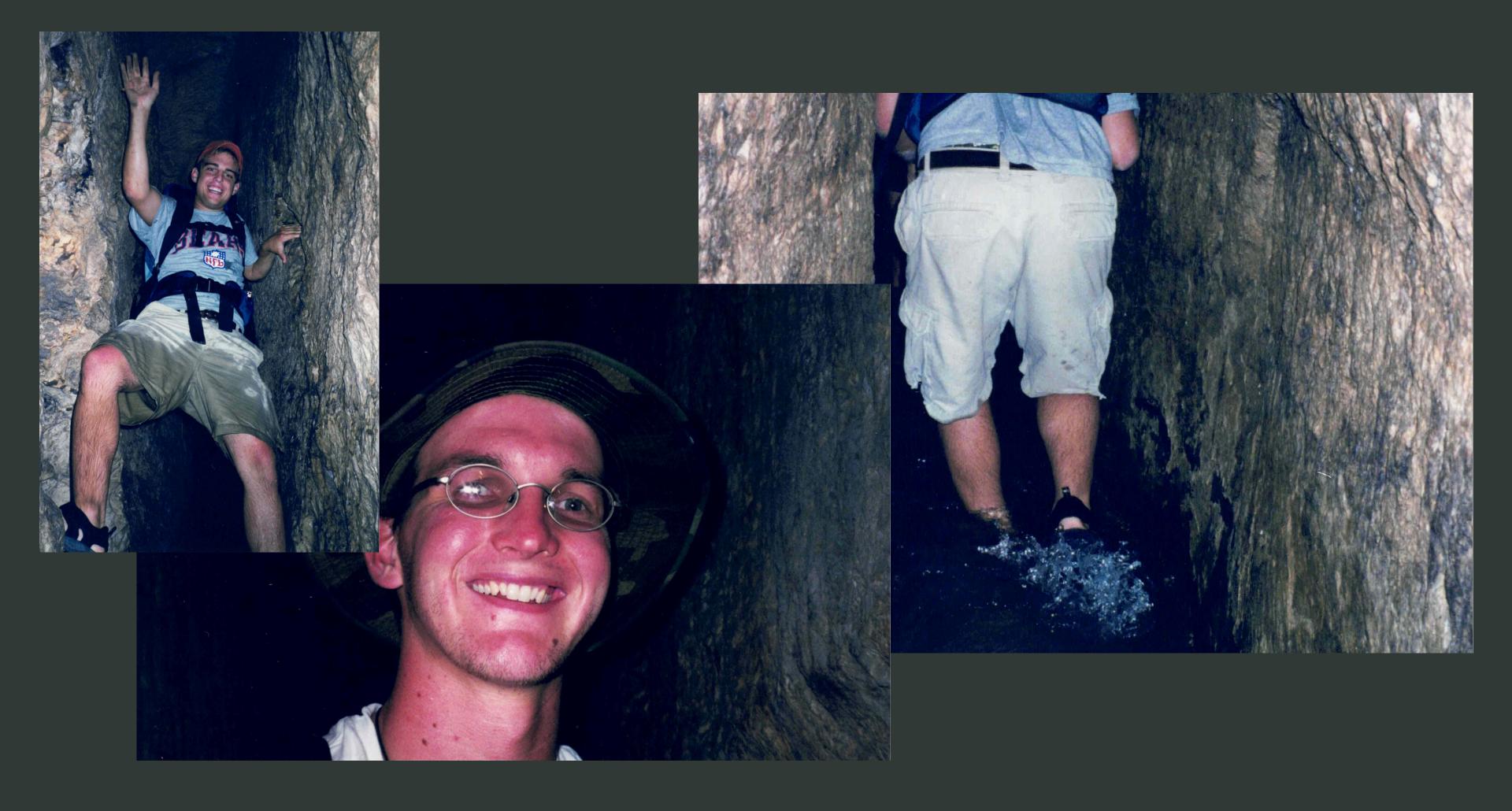
Matthew 28:20 "...teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

John 14:16–17 "And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you."

Romans 8:38–39 For *I am sure that neither* death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, *will be able to separate us from the love of God in Christ Jesus our Lord*.

Hebrews 13:5 Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."

Finding Peace Amidst the Pain vs. 4, 5



Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

— James 4:8



Trust the Character of God

Draw Near to the Presence character of God of God



Trust the



Remember the **Power of God**



Trust the Character of God



Remember the Power of God



Remember the Loving Care of God



Trust the Character of God



Remember the Power of God



Remember the Loving Care of God



Experience the Comforting Word of God

1

Trust the Character of God

2

Remember the Power of God

3

Remember the Loving Care of God

4

Experience the Comforting Word of God

5

Fellowship with the People of God

Draw Near to the Presence of God





The Sentinel Institute is dedicated to supporting the wellbeing of individuals and communities affected by trauma. We combine empirical research and biblical scholarship to identify and promote truth-tested trauma care.