

u n d e r s t a n d i n g

TRAUMA

trusting God's restorative path

Psalm 46

MM

Be Still and Know:

Trusting God's Restorative Path

PSALM 46:8-11

Main Idea:

When facing trouble, we embrace the help of the Lord God by coming to see and being still to know his peace-giving power and protection-giving presence.

Come
and See

1

**“The Lord who brings
devastation on the
earth” (v 8)**

Just as he finished speaking all these words, the ground beneath them split open. The earth opened its mouth and swallowed them and their households, all Korah's people, and all their possessions. They went down alive into Sheol with all that belonged to them. The earth closed over them, and they vanished from the assembly. At their cries, all the people of Israel who were around them fled because they thought, "The earth may swallow us too!" Fire also came out from the Lord and consumed the 250 men who were presenting the incense.

Numbers 16:31-35

Come and See

1

**“The Lord who brings
devastation on the
earth”** (v 8)

2

**The Lord “who makes
wars cease throughout
the earth”** (v 9)

He will settle disputes among many peoples and provide arbitration for strong nations that are far away. They will beat their swords into plows and their spears into pruning knives. Nation will not take up the sword against nation, and they will never again train for war.

Micah 4:3

Be Still and Know



“I am God” (v 10)

Be Still and Know

1

“I am God” (v 10)

2

“I am exalted” (v 10)

Be Still and Know

1

“I am God” (v 10)

2

“I am exalted” (v 10)

3

“I am with you” (v 11)

Be Still and Know

1

“I am God” (v 10)

2

“I am exalted” (v 10)

3

“I am with you” (v 11)

4

“I am your stronghold”
(v 11)