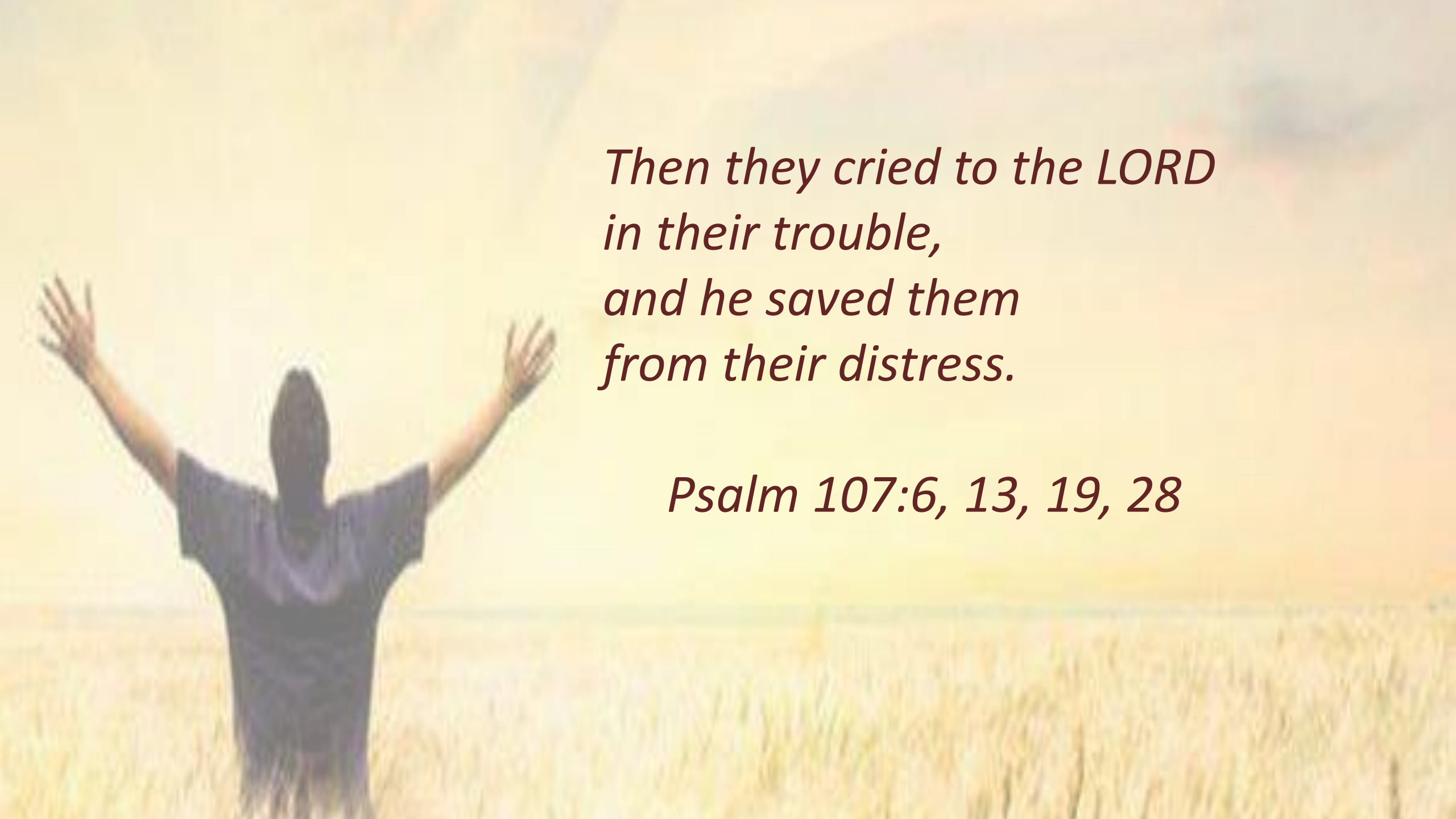


GOD IS
OUR REFUGE
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EVER-PRESENT
HELP
IN TROUBLE.

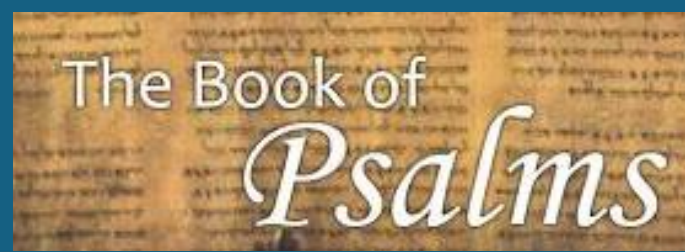
Psalm 46:1



A person is seen from behind, standing in a field of tall, golden-brown grass. Their arms are raised high in the air, palms facing forward, in a gesture of praise or prayer. The person is wearing a dark-colored t-shirt. The background is a soft, hazy landscape with a horizon line, suggesting a vast, open space. The overall lighting is warm and golden, typical of a sunrise or sunset.

*Then they cried to the LORD
in their trouble,
and he saved them
from their distress.*

Psalm 107:6, 13, 19, 28



Jesus: *Everything written about me in the Law of Moses and the Prophets and the Psalms must be fulfilled (Luke 24:44)*

Apostle Paul: *Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs. Colossians 3:16*

Athanasius : *They embrace the whole life of man, the affections of his mind, and the motions of his soul.*

The Book of
Psalms

Max Lucado: The Psalms could be titled God's Book of Common Prayer. This collection of hymns and petitions are strung together by one thread—a heart hungry for God. Some are defiant. Others are reverent. Some are to be sung. Others are to be prayed. Some are intensely personal. Others are written as if the whole world would use them. Some were penned in caves, others in temples. But all have one purpose—to give us the words to say when we stand before God.

GOD IS
OUR REFUGE
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IN TROUBLE.

Psalm 46:1





Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

Psalm 46:2-3



God is our refuge and strength, 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, though its waters roar and foam and the mountains quake with their surging. Selah

Psalm 46:1-3



God is our refuge and strength, 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, though its waters roar and foam and the mountains quake with their surging. Selah

Psalm 46:1-3

The image shows a title graphic for 'The Book of Psalms'. The text 'The Book of' is in a simple, white, sans-serif font. Below it, the word 'Psalms' is written in a large, elegant, white, cursive script. The background of the graphic is a textured, aged parchment or paper with faint, illegible text visible through it.

The Book of *Psalms*

1. Psalms show us that our Lord is cares about all our struggles, needs and questions.
2. Psalms help us pray.
3. Psalms Point to Jesus



Psalm 22 - The Psalm on the Cross

All who see me mock me; they hurl insults, shaking their heads:
“He trusts in the LORD; let the LORD rescue him. Let him deliver
him, since he delights in him.”

Psalm 22:7-8

For dogs encompass me; a company of evildoers encircles me;
they have pierced my hands and feet — I can count all my
bones—they stare and gloat over me; they divide my garments
among them, and for my clothing they cast lots.

Psalm 22:16-18