

A silhouette of a person standing on a rocky peak against a sunset sky. The person is positioned at the top center of the rock, looking out over the horizon. The sky is filled with soft, golden light from the setting sun, with wispy clouds catching the light. The overall mood is one of hope and resilience.

**GOOD NEWS  
FOR BAD TIMES**

**Psalm 46**

**Our reliable refuge** | Psa 91:1-9  
| Heb 6:17-19

**Our present help** | Psa 145:18  
| Phil 4:5

**GOD IS OUR  
RELIABLE REFUGE**

**Psalm 46:1-3**



**Our stable rock** | **Psa 62:2, 6**  
**Heb 12:25-28**

**Our supplying river** | **John 4:13-14**

**GOD IS OUR  
STABLE ROCK**

**Psalm 46:4-7**



**His sovereignty**

**His authority**

**Our submission**

**| Psa 99:1-2, 5, 9**

**| Psa 113:4-9**

***If God is for us,***

***who can be against us? — Rom 8:31***

**GOD PROVIDES A  
RESTFUL RESULT**

**Psalm 46:8-11**



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