



Bible Class

Psalm 46:1-3

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When Life Brings You Down



Do you ever feel overwhelmed?

Have you ever been fearful of
the unknown?

Are you worried about the
future?



Psalms 46:1-3 (NKJV) God is our **refuge** and **strength**, A very present **help** in trouble. ² Therefore **we will not fear**, Even though the earth be removed, And though the mountains be carried into the midst of the sea; ³ *Though* its waters roar *and* be troubled, *Though* the mountains shake with its swelling. Selah



God Is My Refuge

Refuge = shelter or protection from danger or difficulty

Psalm 62:7-8; Psalm 142:3-5
Heb. 6:18-20



God Is My Strength

Psalm 119:28; Psalm 119:92-93;
Isaiah 40:28-31; Col. 1:9-12



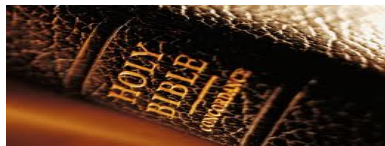
God is my help

1st Cor. 10:13; Ephesians 6:10-13;
2nd Cor. 1:3-4; Philippians 4:19



God Is My Confidence

Psalm 46:2-3; 1st Corinthians 15:55-58



Romans 8:31-39

³¹ What then shall we say to these things? If God *is* for us, who *can* be against us?

³² He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

³³ Who shall bring a charge against God's elect? *It is* God who justifies.

³⁴ Who *is* he who condemns? *It is* Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.

³⁵ Who shall separate us from the love of Christ? *Shall* tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

³⁶ As it is written: "*For Your sake we are killed all day long; We are accounted as sheep for the slaughter.*"

³⁷ Yet in all these things we are more than conquerors through Him who loved us.

³⁸ For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come,
³⁹ nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

