

LET GO AND KNOW

Psalm 46

WHO'S GONNA FEED THEM HOGS?

I met him in a hospital about a year ago
And why I still remember him, I guess I'll never know
He'd lie there and cry out in a medicated fog
Here I am in this dang bed and who's gonna feed them
hogs?

Four hundred hogs, they just standin' out there
My wife can't feed 'em and my neighbors don't care
They can't get out and roam around like my old huntin' dogs
Here I am in this dang bed and who's gonna feed them
hogs?

FEARS

- Failure
- Success
- Missing out/not reaching potential
- Change
- Future
- Past
- Aging
- Being alone
- Intimacy
- Sickness
- Scarcity
- Loss/death

PSALM 46

Chorus:

**The Lord of hosts is with us;
the God of Jacob is our refuge.**

FIRST STANZA

God is our refuge and strength,
A very present help in trouble.
Therefore we will not fear, though the
earth should change,
though the mountains shake in the
heart of the sea;
though its waters roar and foam,
though the mountains tremble with its
tumult.

Selah

PSALM 46

Chorus:

**The Lord of hosts is with us;
the God of Jacob is our refuge.**

SECOND STANZA

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 the city; it shall
not be moved;
God will help it when the morning dawns.
The nations are in an uproar, the
kingdoms totter;
He utters his voice, the earth melts.

PSALM 46

Chorus:

**The Lord of hosts is with us;
the God of Jacob is our refuge.**

WE WILL NOT FEAR?

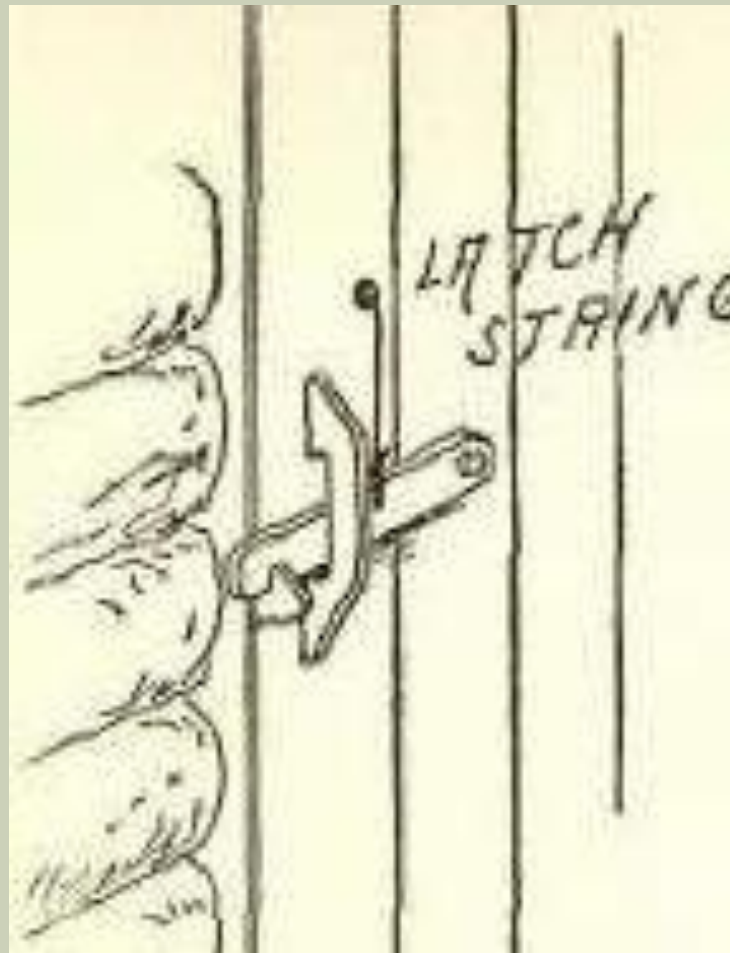
- An anxious species
- Coping mechanisms:
 - Putting pillows on the floor
 - Avoidance
 - Escape/filling our life with distractions

“BE STILL AND KNOW THAT I AM GOD”

“Be still” =

- Let go
- Cease striving
- Let your hands go slack

“BE STILL AND KNOW THAT I AM GOD”



THIRD STANZA

...God makes wars cease to the end of
the earth;

he breaks the bow, and shatters the spear;

he burns the shields with fire.

“Be still and know that I am God!

I am exalted among the nations,

I am exalted in the earth.”

The Lord of hosts is with us;

the God of Jacob is our refuge.

Selah

NOT ALONE

- Community
- Christ

**The Lord of hosts is with us;
the God of Jacob is our refuge.**