

## Reflection on Psalm 46

Almighty,  
unchallenged God  
    sovereign,  
    eternal,  
    all-wise,  
    all-loving,  
we rest in You.

We are threatened by change.  
    We feel helpless before it.  
But You are unchanging.  
Nothing can touch  
    Your goodness or  
    the absolute certainty of Your rich gifts.

Where You are is  
    peace, and  
    You are forever with Your people.  
What You say becomes  
    reality, and  
    You always speak blessings for those who trust You.

O God, our Father,  
    be exalted throughout all the earth!  
We rest secure in  
    Your perfect will.

*Father, help me to  
trust in all You are  
so that I may live in  
the joy of all You are.*

**Hymn: [Psalm 46](#)**