

Personal Prayer Time Based on Psalm 46

¹God is our refuge and strength,
a helper who is always found
in times of trouble.

²Therefore we will not be afraid,
though the earth trembles
and the mountains topple
into the depths of the seas,

³though its water roars and foams
and the mountains quake with its turmoil. *Selah*

- Father, I have nothing to fear because you are with me. You are my strength even in trouble. Sometimes it feels like the whole world is falling down around me. Help me to trust in you and to seek you in _____ (you fill in the blank with a situation you are going through)

⁴There is a river—
its streams delight the city of God,
the holy dwelling place of the Most High.

⁵God is within her; she will not be toppled.
God will help her when the morning dawns.

⁶Nations rage, kingdoms topple;
the earth melts when he lifts his voice.

⁷The LORD of Armies is with us;
the God of Jacob is our stronghold. *Selah*

- Father, You are a God of both infinite power and infinite grace. I know I am secure because you are so strong. I know I am loved because you are so merciful. You are my delight and hiding place. Teach me how to trust in You and to find joy when _____ (you fill in the blank with a situation you are going through)

⁸Come, see the works of the LORD,
who brings devastation on the earth.

⁹He makes wars cease throughout the earth.
He shatters bows and cuts spears to pieces;
he sets wagons ablaze.

¹⁰“Stop your fighting, and know that I am God,
exalted among the nations, exalted on the earth.”

¹¹The LORD of Armies is with us;
the God of Jacob is our stronghold. *Selah*

- Father, I know you are a God of peace who fights for your people. Help me to be still and allow you to fight battles for me. I also know that you are God. Forgive me for trying to take control instead of resting in you. Use me to exalt you and to share your greatness with others through _____ (you fill in the blank with a way you hope God will use you)