COMFORT IN CHALLENGING TIMES

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Psalm 46:4

When your world is suddenly turned upside down, remember, the LORD's plans for your life haven't been cancelled. When you feel trapped with no way out, here are things to remember:

1. **LOOK FOR THE RIVER**
    "There is a river whose streams make glad …" (Psalm 46:4). In Old Testament symbolism, rivers often represent the LORD's supply for every need. When every human source of supply seems to have dried up, don't be afraid, look for the river.

2. **LOOK FOR THE CITY**
    The LORD has planted His "… city … the holy place where the Most High dwells" (verse 4b) right in the middle of your circumstances. The LORD's city, the symbol of His presence and power, guarantees He is still in control and that He will restore peace and order to your troubled world.

3. **LOOK FOR SIGNS OF HIS PRESENCE**
    "God will help (you) at break of day" (Verse 5). Day break, a symbol of new beginnings, gives you confidence that beyond this time of trouble and testing, a new day is at hand. "Great is His faithfulness; His mercies begin afresh each morning." (Lamentations 3:23).

4. **LOOK AT HIS TRACK RECORD**
    "Come … see the works of the LORD…" (verse 8). Reviewing the record of His mighty acts builds your faith and reminds you that He is the "same yesterday and today and forever …" (Hebrews 13:8). If He took care of you then, He would surely take care of you now.

5. **LOOK TO JESUS AND BE AT PEACE**
    Based on the tested and proven foundation of His power and faithfulness, you can live by the Scripture, "Be still, and know that I am God." (Psalm 46:10).

Today, join me to thank the LORD Jesus for His abiding presence, power and promises to help at all times. Praise the LORD. Remember, I am praying for your success.

Making It Personal:

1. **Insight** – What is ONE new insight the Holy Spirit has given me?

2. **Conviction** - Something pierced my heart or convicted me? Take action now!

3. **Share** - Received something I want to share with someone else?