LOVE is the Way!

After reading the scripture with your family, discuss the following questions:

- ★ What does it look like when **another person** becomes your "Refuge," and then your "Strength," and then your "Help"?
- ★ What does it look like for **God** to become your "Refuge," and then your "Strength," and then your "Help" . . . a) at this time in your life; b) in the face of the Coronavirus; c) in the midst of racism and civil unrest?
- ★ What does it look like for you to **"Be still and know that I am God"** at this moment in time? If you already have been "being still," what has God been saying to you or showing you?

Family Talk

desolations
uninhabited, unpopulated, barren, or lonely

dwell
to live or stay permanently; reside

exalted
to raise high; glorify

fortress
tower of strength; castle or citadel

refuge
a place of shelter, protection, or safety

1 God is our refuge and strength,
an ever-present help in trouble.
2 Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
3 though its waters roar and foam
and the mountains quake with their surging.[c]

4 There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
5 God is within her, she will not fall;
God will help her at break of day.
6 Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.

7 The LORD Almighty is with us;
the God of Jacob is our fortress.

8 Come and see what the LORD has done,
the desolations he has brought on the earth.
9 He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields[d] with fire.
10 He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."

11 The LORD Almighty is with us;
the God of Jacob is our fortress.

Psalm 46: 1-11