

GLENKIRK CHURCH



WEEKLY DEVOTIONS

DEVO

AUGUST 18 - 22, 2025





Read **Psalm 46:1**

God Is Our Refuge and Our Strength

“God is our refuge and strength, an ever-present help in trouble.”
(Psalm 46:1)

In the opening verse of Psalm 46, we are greeted with a profound and unshakable truth that speaks directly into our most vulnerable moments: God Himself is both our safe place and our source of power. The word *refuge* paints the image of a secure shelter during a raging storm, a place of safety where harm cannot reach us. At the same time, *strength* speaks of the energy, courage, and resilience God gives us so that we can stand, even when everything around us feels uncertain or overwhelming.

This verse does not promise the absence of trouble. Instead, it promises the presence of God in the midst of trouble. Life brings us trials: illness, grief, strained relationships, unexpected loss, or uncertainty about the future. In those moments, our first instinct is often to depend on ourselves, our problem-solving skills, past experiences, or even the support of others. These can be helpful, but they are no substitute for the steady, unfailing presence of God. He is “ever-present,” not occasional, not conditional, but constant. His presence is an absolute guarantee, not a maybe, and He is especially closest to us in our darkest hours.

The Bible articulates this assurance through many other Scriptures, such as:

- *“The LORD is a refuge for the oppressed, a stronghold in times of trouble.”* (Psalm 9:9)
- *“Fear not, for I am with you; be not dismayed, for I am your God.”* (Isaiah 41:10)
- *“My grace is sufficient for you, for My power is made perfect in weakness.”* (2 Corinthians 12:9)

To live in this truth requires stillness, a conscious turning of our hearts toward Him. When we begin each day by remembering who God is and what He has promised, we anchor ourselves in His strength before the storms of the day even come. This is not escapism or denial; it is a spiritual discipline of trust, choosing to rely on God even before we see the outcome.

As you walk through this day, let this verse be your prayer: “God, be my refuge and my strength. Teach me to run to You first and to rest in the safety of Your presence.” With Him, you can face whatever lies ahead with a deep, still, and quiet confidence.

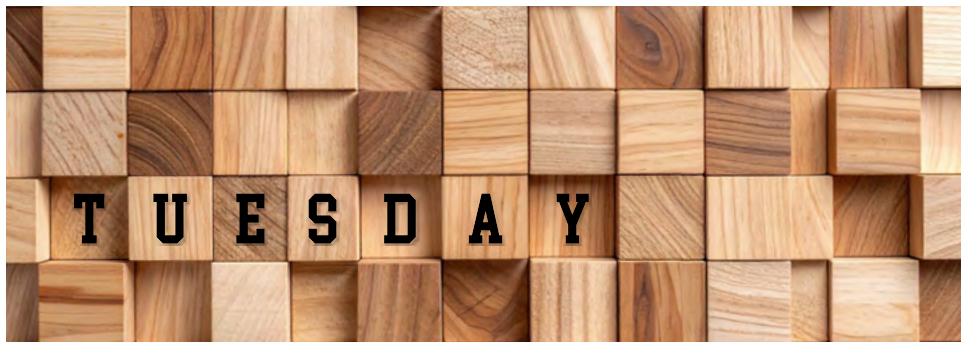
REFLECTIVE QUESTIONS

What situations in your life make you feel unsafe or overwhelmed? How can you intentionally turn to God as your refuge and strength today? In what ways can you cultivate a habit of acknowledging God’s “ever-present help” before reacting to life’s pressures?

PRAYERS

ZOE International

Pray for the effectiveness of ZOE’s efforts to prevent children from being trafficked. Pray that more Christians sign up for training that helps us recognize telltale signs of exploitation—and of vulnerability to it.



Read **Psalm 46:2-3**

Be Still in the Midst of Chaos

“Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling.”
(Psalm 46:2-3)

Psalm 46 paints a vivid picture of turmoil—mountains collapsing, seas raging, the very earth shaking beneath our feet. These images may feel extreme, but they capture what life often feels like when everything we thought was stable begins to fall apart. Chaos can look like a diagnosis we weren’t expecting, a career that suddenly shifts, or a relationship that feels like it’s crumbling. The psalmist, however, offers a surprising response: *“we will not fear.”* This is not because the storms have stopped or because life is suddenly predictable. It is because God’s presence is unshaken even when everything else is shaking.

Notice how the psalm calls us to reframe our response. Fear is our natural reaction when we face the uncontrollable. Yet God invites us to a supernatural trust. When everything else feels unstable, He remains our stability.

This doesn’t mean we ignore reality or pretend the problems don’t exist. It means we allow God’s presence to define our reality more

than the chaos that surrounds us. It is a choice—a discipline—to pause, breathe, and say: “God is here. I will not let fear be the loudest voice in my heart.” Even a short, whispered prayer, “Lord, I trust You,” can become a powerful anchor when everything else around you feels uncertain.

Other Bible passages echo this truth:

- *“When I am afraid, I put my trust in You.”* (Psalm 56:3)
- *“Peace I leave with you; My peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”* (John 14:27)

Being still doesn’t mean standing frozen; it means rooting yourself in God’s unchanging presence while the world moves around you.

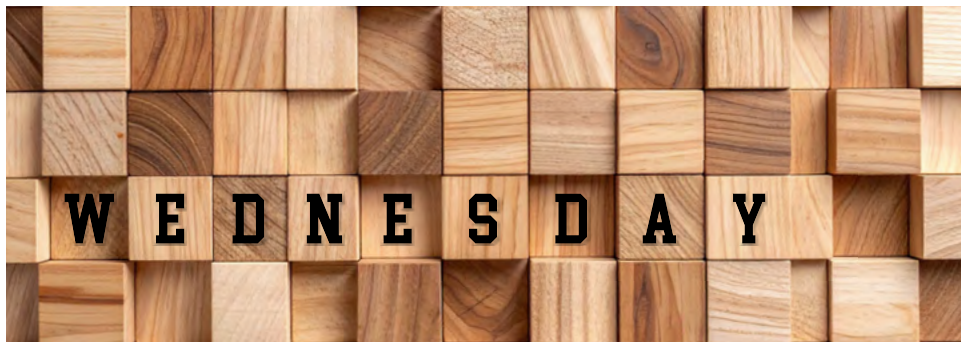
REFLECTIVE QUESTIONS

Where do you see *“mountains moving”* or chaos in your life right now? How do you normally respond to situations you cannot control? What would it look like today to choose trust over fear?

PRAYERS

ZOE International

Pray that the Lord will bless ZOE’s unique initiative in Thailand to provide a center for education and vocational training, a place that helps restore and empower young people who are vulnerable to trafficking.



Read **Psalm 46:4-5**

The River That Makes Glad

“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 her; she shall not be moved; God will help her when morning dawns.”
(Psalm 46:4-5)

After describing storms and chaos, the psalmist shifts the scene to something unexpected: a river. In Scripture, rivers often symbolize peace, abundance, and the life-giving presence of God. Even as nations rage and the earth shakes, there is a stream that flows steadily, quietly, and joyfully through the heart of God’s people.

This image reminds us that God’s presence refreshes us like a river, providing a deep peace that circumstances cannot steal. Notice the words: *“she shall not be moved.”* While everything else trembles, God’s people stand secure because He is in their midst. Morning comes after a night of darkness. In the same way, God’s help often comes right when it is most needed, sometimes not before the storm, but right in the middle of it. This timing reminds us that God sees what we cannot see and knows exactly when to send His help.

We experience this “river” every time we slow down to be with God, to be still with Him, whether it is in prayer, in worship, or in His Word.

These times with God don’t always change our circumstances, but they change us. They remind us that our source of strength and joy is not tied to what’s happening around us, but to the One who is with us. Like a stream flowing constantly, His presence never runs dry. It is a glorious preview of what we will one day experience in the New Jerusalem, with the river flowing through it, and the eternally-present Lord with His people (Revelation 22:1-5).

The prophet Isaiah said:

- *“You keep him in perfect peace whose mind is stayed on You, because he trusts in You.”* (Isaiah 26:3)
- *Jesus said, “If anyone thirsts, let him come to Me and drink. Whoever believes in Me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’”* (John 7:37-38)

Being still means we take time to drink deeply from God’s presence. It is easy to become spiritually dehydrated, rushing through life while our souls quietly run dry.

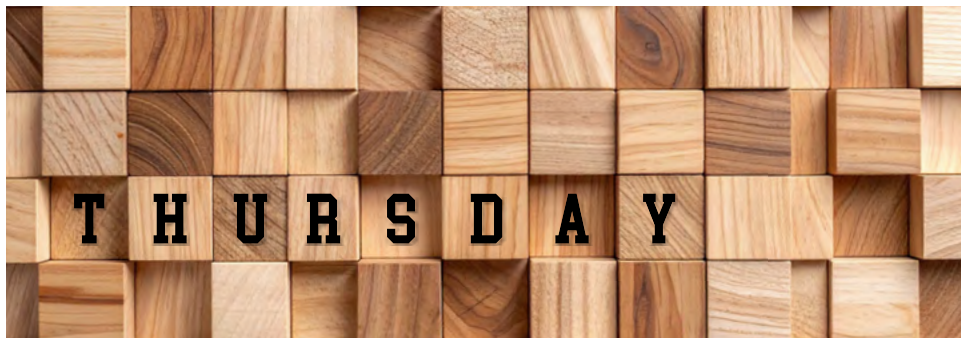
REFLECTIVE QUESTIONS

What “streams” of God’s presence refresh your soul the most? How have you experienced God’s help “at the break of day”? Are there rhythms you need to create (or return to) that keep you close to Him?

PRAYERS

ZOE International

Ask the Lord to protect the ZOE staff in Thailand, Japan, Mexico, and Australia, as well as here in the U.S. They devote themselves to intervening on behalf of trafficked children and bringing them to safety.



Read **Psalm 46:6-7**

God's Voice Over the Noise

"The nations rage, the kingdoms totter; He utters His voice, the earth melts. The LORD of hosts is with us; the God of Jacob is our fortress." (Psalm 46:6-7)

The world can be noisy. We hear it in the news, in political arguments, in cultural tensions, and even in the anxious chatter of our own minds. Psalm 46 reminds us that when God speaks, His voice silences the noise. Nations rage and kingdoms crumble, but just one word from God can and does calm everything.

God's Word has always carried this power. Starting in Creation, He spoke and the world came into being. In the Gospels, Jesus spoke to the storm, and the wind and waves obeyed. When God speaks, chaos yields to His authority.

But here's the challenge. In order to hear His voice, we must learn to quiet ourselves. God's voice is not always loud; often, it is a *"gentle whisper"* (1 Kings 19:12). We cannot hear that whisper if we are constantly consumed by noise.

Verse 7 calls us to trust in the God of Jacob, a reminder of His faithfulness to flawed people. He is not only powerful; He is personal. The LORD of hosts, the Commander of heavenly armies, is also our Fortress, a safe place where we can listen without fear.

So what voices are the loudest in your life today? Are you giving more weight to the noise of fear, doubt, or criticism than to God's steady, trustworthy Word? Take time today to step back from the chaos. Read Scripture out loud. Pray. Journal what you hear God saying to you. You will find that His voice brings peace, clarity, and courage. And as His words become louder in your life, the other voices begin to fade.

REFLECTIVE QUESTIONS

What "noise" is competing for your attention today? How can you make intentional time and space to hear God's voice? Have you ever experienced a moment where God's Word cut through confusion?

PRAYERS

ZOE International

Pray that the Lord will bring comfort, healing, and soul restoration to children who have been rescued from the trauma, abuses, and horrors of trafficking. Pray that they find new identity and worth in Jesus' love.



Read **Psalm 46:10-11**

Be Still and Know

“Be still, and know that I am God. I will be exalted among the nations; I will be exalted in the earth! The LORD of hosts is with us; the God of Jacob is our fortress.” (Psalm 46:10-11)

This is the heartbeat of Psalm 46. After all the descriptions of storms, battles, and noise, God Himself speaks: *“Be still, and know that I am God.”* To be still is more than stopping physical movement; it is an invitation to rest our souls. It means pausing in the middle of striving, releasing control, letting go of anxiety, and leaning into the truth that God is God, and we are not. He is on the throne, not us.

Why are we able to be still? Because of who God is. He will be exalted. His purposes will stand. Even when it feels like the world is spinning out of control, He is working out His plan. He does not need us to hold everything together; He already does that. Stillness is not inactivity; it is active trust.

Think of Jesus calming the storm in Mark 4:39: *“Peace! Be still!”* The disciples were panicked, certain they were perishing. But Jesus spoke, and the storm obeyed. His presence didn’t remove the storm before they called on Him, but His voice stilled it at just the right moment. That same power speaks into our chaos today.

These verses are also a call to shift our focus. God says, *“Know that I am God.”* We learn to be still when we remember who He is: sovereign, faithful, and good. Stillness becomes a declaration of worship: “I know who God is, and I will trust Him to be exalted in every situation.”

Being still is a discipline, especially in a noisy, hurried world. It requires us to carve out moments to sit in God’s presence, to stop rehearsing our fears, and to listen for His voice. Over time, those moments grow into a rhythm of peace that steadies us through the week.

REFLECTIVE QUESTIONS

Where in your life right now is God inviting you to “be still”? How does this verse reshape the way you approach overwhelming challenges? What fears or burdens do you need to release into God’s hands today?

PRAYERS

ZOE International

Praise the Lord for building strong bonds of trust between ZOE staff and many government and law enforcement agencies. Many of these entities are willing and eager to partner with Christians in the battle against human trafficking.



These devotionals are written by a team of Glenkirk volunteers who represent a range of beliefs within the evangelical spectrum. As such, some of the expressed views may not necessarily represent those of pastoral leadership. If you find yourself challenged by a devo, explore why that might be and, should you have questions or concerns, please reach out to Pastor Kate Wallace Nunneley at KNunneley@GlenkirkChurch.org. If you are interested in joining those who pen Glenkirk devotionals, please contact Pastor Kate.

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