

The Center of Certitude  
Psalm 46

Question: Where do we go for refuge in times of trouble?

This Is Our World: Shakeable and Changeable

- Nature is impersonal and unstable - Ps 46:2-3
- Governments are often unreliable and often unavailable - Ps 46:6
- Armies are limited and defeatable - Ps 46:8-9

This Is Our God: Unshakeable and Unassailable

- He is personal and immoveable - Mal 3:6; Ja 1:17; Heb 13:8
- He is reliable and available - Is 40:8; Num 23:19; I Pet 2:16; Jer 33:3; Ps 50:15; Ro 10:8-11
- He is sovereign and undefeatable - Ps 97:1; 146:10; Rev 11:15; 19:6; Heb 7:16; Zeph 3:15-17; Col 2:15

Cultivating God-Centeredness: Living in the Center of Certitude

- Center on God - Ps 46:10
  - ...an imperative, not a suggestion
  - ...a rebuke to a busy, wordy, brain-centered world
  - ...an expression of trust
  - ...a return to reality

Staying Centered: The Disciplines

- Thank God for everything - Eph 5:20; I Thess 5:18; Ps 100:4
  - ...a celebration of "witness" - Ps 46:5,7,11
- Contemplative Scripture Reading
  - ...read a passage with the "ear of your heart"
  - ...repeat what speaks to you over and over
  - ...reflect on it and possible applications
  - ...respond to it with prayer to God
  - ...rest in God's receptivity of your prayer
  - ...return to it throughout the day
- Centering Prayer: Mark 6:31
  - ...Present yourself in loving attentiveness to God
  - ...Use a simple love word/phrase to stay focused on God
  - ...Close with a word of truth - Ps 23; Ga 2:20; Matt 6:30
- Truth as a First Response
  - ..."First the kingdom"
  - ..."Not I, but Christ"
  - ..."I am God's being-loved child"
  - ..."That I might know You and be an expression of Your life"