

BE
Still and know
I am **GOD**
~Psalm 46:10

Maintaining our Stability in an Unstable World

TBC Women's Spring Retreat

April 2017  Jean Marrapodi

BE

Still and know

I am **GOD**

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Session One

Overview



We live in a
chaotic world.

Appointments schedule us.



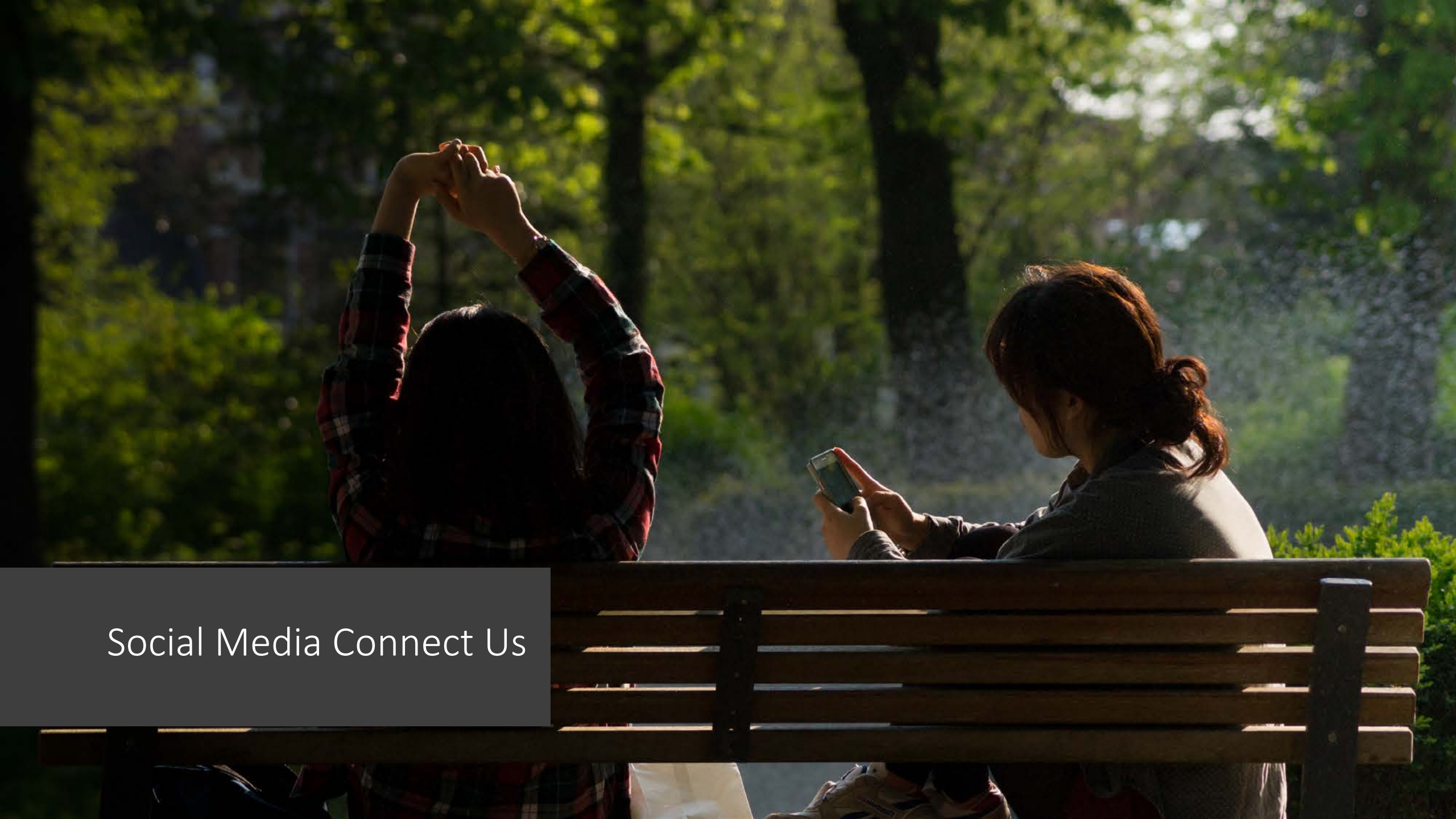
We are **constantly** bombarded with information



- Facebook
- Twitter
- Instagram
- YouTube
- What's App

- Data
- Reports
- News
- Gossip

- Television
- Computer
- Radio
- Billboards
- Meetings
- Preaching
- Relationships



Social Media Connect Us



The daily news scares us.



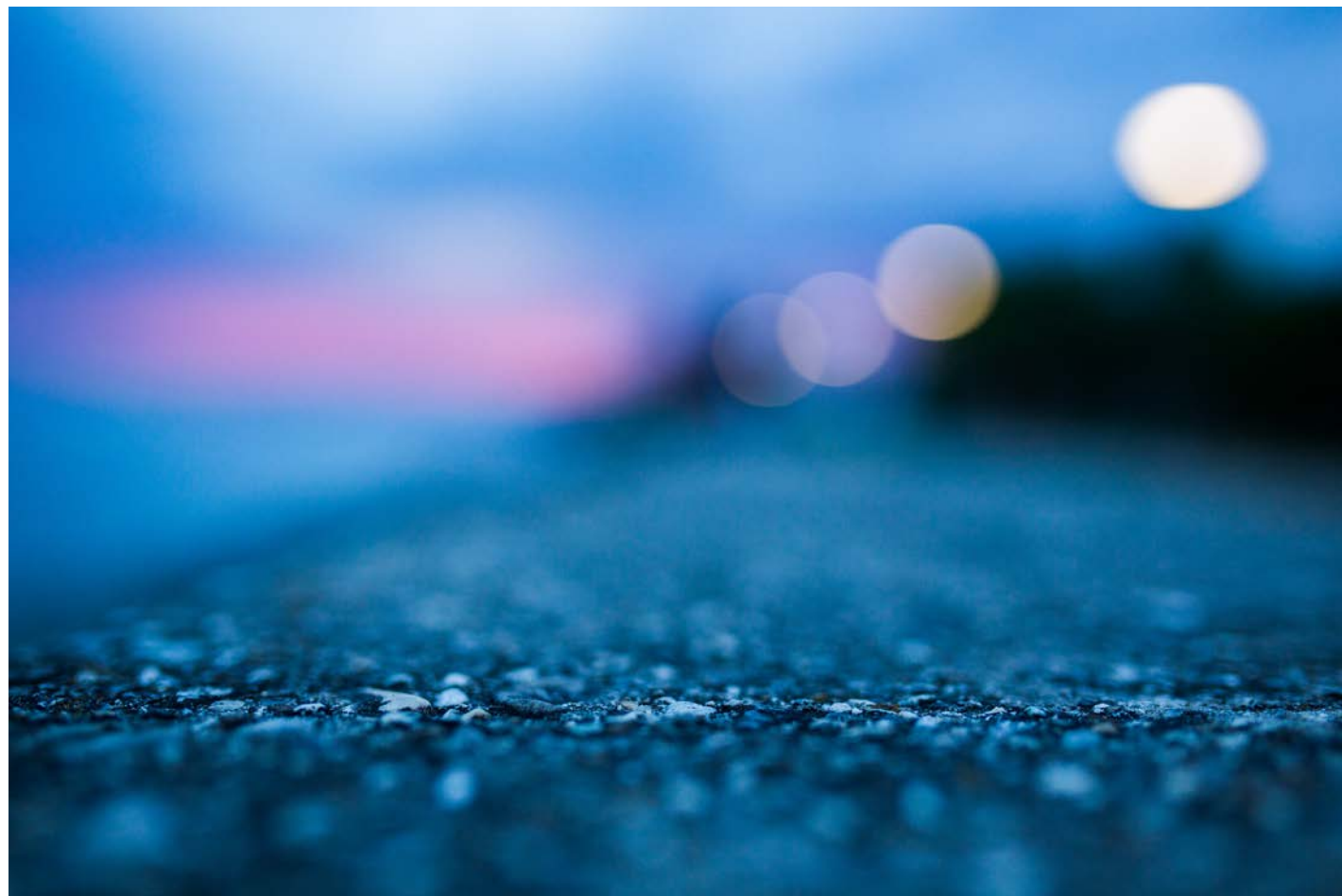
Life interrupts us



We think 50,000
thoughts per day.

....more or less

Be Still
AND KNOW
THAT *I am*
GOD.



alamoth city • lifts glad
mountains Therefore director
fall LORD within fear
help done heart river
Sons According way spear ever-present Psalm voice uproar
refuge sea Jacob though breaks desolations makes ends
place see cease wars nations kingdoms
day brought strength holy
fortress earth Nations shatters among song
Come make streams
surging waters know
still trouble Almighty exalted break
shields quake foam High Korah
fire dwells give
melts

Psalm 46

Psalm 46: Introduction and Refrain

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.

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 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."

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Psalm 46: The Troubles



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Psalm 46: The Reminders (Reassurance)

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Psalm 46: The Key

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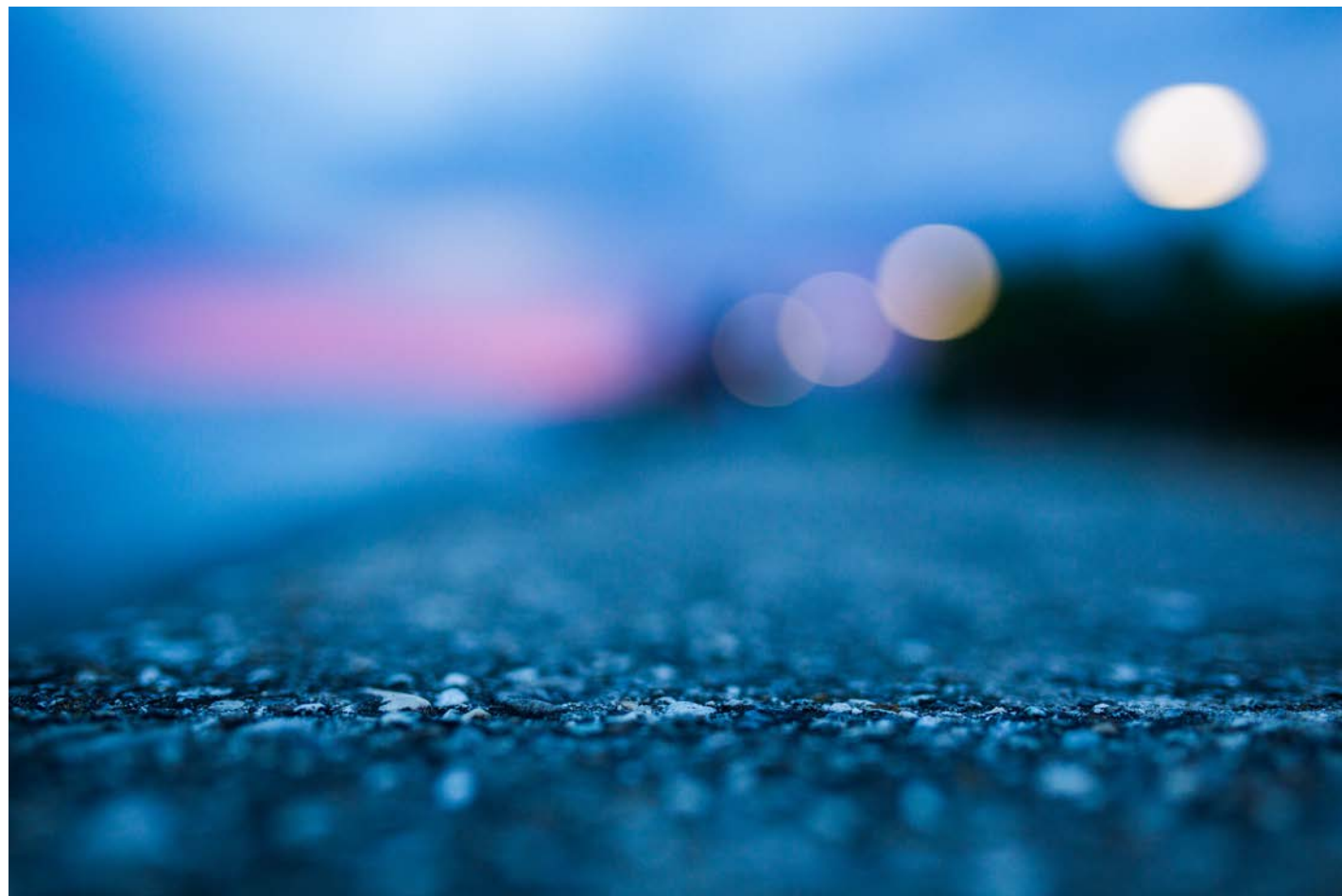
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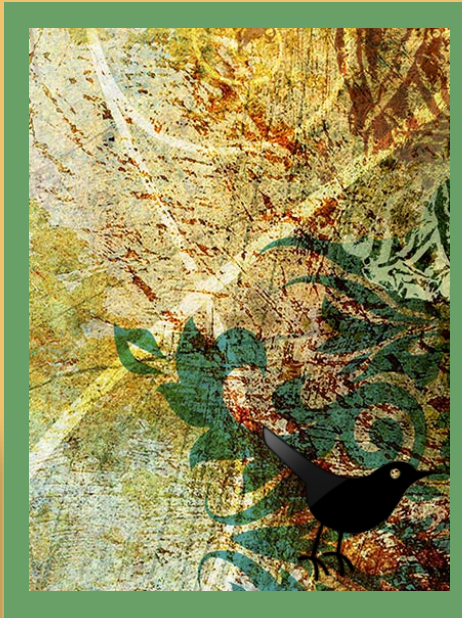
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Be Still
AND KNOW
THAT *I am*
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Session Two

Who is this God?

God is our refuge and strength,
an ever-present help in trouble.

God

אֱלֹהִים

'elohiym

⁴ There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

Most High

עֵלְיוֹן

'elyon

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

Lord

יְהוָה

Yehovah

Almighty

צָבָא

tsaba'

Be Still
AND KNOW
THAT *I am*
GOD.

רָפָה

Be still: *raphah*

Be Still
AND KNOW
THAT I am
GOD.

רָפָה

Be still: *raphah*

יָדַע

know: *yada*

יָדַע

know: *yada*

Be Still
AND KNOW
THAT I am
GOD.

i. to know

A. (Qal)

i. to know

a. to know, learn to know

b. to perceive

c. to perceive and see, find out and discern

d. to discriminate, distinguish

e. to know by experience

f. to recognise, admit, acknowledge, confess

g. to consider

ii. to know, be acquainted with

iii. to know (a person carnally)

iv. to know how, be skilful in

v. to have knowledge, be wise

יָדַע

know: *yada*

Be Still
AND KNOW
THAT I am
GOD.

- B. (Niphal)
 - i.* to be made known, be or become known, be revealed
 - ii.* to make oneself known
 - iii.* to be perceived
 - iv.* to be instructed
- C. (Piel) to cause to know
- D. (Poal) to cause to know
- E. (Pual)
 - i.* to be known
 - ii.* known, one known, acquaintance (participle)
- F. (Hiphil) to make known, declare
- G. (Hophal) to be made known
- H. (Hithpael) to make oneself known, reveal oneself

Be Still
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<http://www.chabad.org/media/images/930/MitC9301593.jpg>

God said to Moses, “I AM WHO I AM. This is what you are to say to the Israelites: ‘I AM has sent me to you.’”

Exodus 3:14



We think 50,000
thoughts per day.

....more or less

Psalm 29:1-2

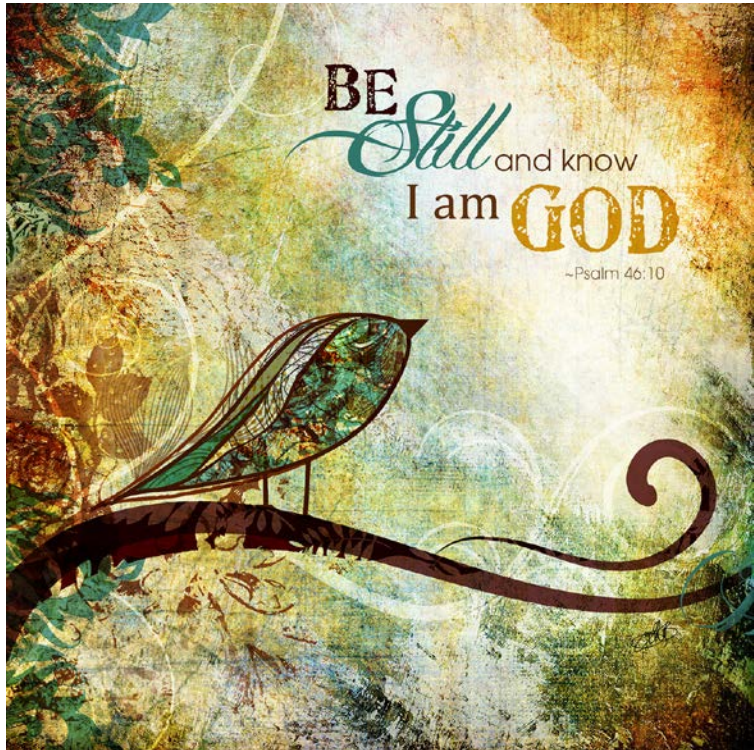
Give unto the LORD, O ye mighty, give unto the LORD glory and strength.

Give unto the LORD the glory due unto his name; worship the LORD in the beauty of holiness.





Name: 10,000 Reasons
Album: 10,000 Reasons
Matt Redman



Session Three

The Word in the Water

God is

our refuge & strength,
an ever-present
help in trouble.

Therefore...

We will not fear

- though the earth give way
- and the mountains fall into the heart of the sea,
- though its waters roar and foam
- and the mountains quake with their surging.







Why were you afraid?

X

EYE

RYAN
STEVENSON

OF THE

Storm

FEAT.
GABEREAL

X



There is a river whose streams make glad the
city of God, the holy place where the Most
High dwells. |



God is within her, she will not fall; God will help her at break of day.

Q1:

What do we know
about the river?

A:

Its streams make
glad the city of God.



River

nahar



continuous and full, a perennial stream,
as the Jordan, the Euphrates



Q2:

What do we know
about the city in v4?

A:

City of God

Holy place where the
Most High dwells



Q3:

What/who is
her/she in v5?

A:

City of God

Holy place where the
Most High dwells



Why her?

Verse *(Click for Chapter)*

[New International Version](#)

God is within her, she will not fall; God will help her at break of day.

[New Living Translation](#)

God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it.

[English Standard Version](#)

God is in the midst of her; she shall not be moved; God will help her when morning dawns.

[New American Standard Bible](#)

God is in the midst of her, she will not be moved; God will help her when morning dawns.

[King James Bible](#)

God *is* in the midst of her; she shall not be moved: God shall help her, *and that* right early.

[Holman Christian Standard Bible](#)

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

[International Standard Version](#)

Since God is in her midst, she will not be shaken. God will help her at the break of dawn.

[NET Bible](#)

God lives within it, it cannot be moved. God rescues it at the break of dawn.

[New Heart English Bible](#)

God is in her midst. She shall not be moved. God will help her at dawn.

[Aramaic Bible in Plain English](#)

God is within it; it will not shake. God will help it at daybreak.

[GOD'S WORD® Translation](#)

God is in that city. It cannot fall. God will help it at the break of dawn.

[JPS Tanakh 1917](#)

God is in the midst of her, she shall not be moved; God shall help her, at the approach of morning.

[New American Standard 1977](#)

God is in the midst of her, she will not be moved;
God will help her when morning dawns.

[Jubilee Bible 2000](#)

God is in the midst of her; she shall not be moved; God shall help her, as the morning dawns.

[King James 2000 Bible](#)

God is in the midst of her; she shall not be moved: God shall help her, and that right early.

[American King James Version](#)

God is in the middle of her; she shall not be moved: God shall help her, and that right early.

[American Standard Version](#)

God is in the midst of her; she shall not be moved: God will help her, and that right early.

[Douay-Rheims Bible](#)

God is in the midst thereof, it shall not be moved: God will help it in the morning early.

[Darby Bible Translation](#)

God is in the midst of her; she shall not be moved: God shall help her at the dawn of the morning.

[English Revised Version](#)

God is in the midst of her; she shall not be moved: God shall help her, and that right early.

And in French and Creole

Versets Parallèles

Louis Segond Bible

Dieu est au milieu d'elle: elle n'est point ébranlée; Dieu la secourt dès l'aube du matin.

Martin Bible

Dieu est au milieu d'elle; elle ne sera point ébranlée. Dieu lui donnera du secours dès le point du jour.

Darby Bible

Dieu est au milieu d'elle; elle ne sera pas ébranlée. Dieu la secourra au lever du matin.

4 (46:5) Gen yon gwo dlo larivyè k'ap koule pou fè kè moun kontan nan lavil Bondye a, sèl kote ki apa nèt pou Bondye ki anwo nan syèl la.

5 (46:6) Bondye nan mitan lavil la, lavil la p'ap janm brannen. Depi granmaten, Bondye ap pote l' sekou.

City

Hiph`il — II, III. עִיר see below

II. 1092 עִיר **noun feminine** Genesis 10:12 (Albr^{ZAW} xvi.40 f.) **city, town** (√ unknown; Late Hebrew *id.*? Phoenician ער Lzb³⁴⁵; Sabeian ער *fortified height* (compare

3) Prä^{ZMG} xxvi (1872), 437, עהרן, ערן, עיר city CIS^{iv}. pp. 94, 95, 173); — ע' absolute Genesis 4:17 +, construct Genesis 24:10 +; 1 העִירָה Kings 14:12 + 7t.; suffix 2 עִירִי Samuel 19:38 2t., etc.; plural עִירִים Isaiah 6:11 +, עִירִים Judges 10:4 (text error, or word-play, compare GFM); construct עִירֵי Genesis 10:29 +; suffix עִירֵי Zechariah 1:17, עִירֵיכֶם Isaiah 1:7 +, etc.; —

1 city, town, abode of men Genesis 4:17 (J) and often; גְּדֵלָה Genesis 10:12 (J), +, or קִטְנָה Ecclesiastes 9:14 (compare Genesis 19:20); especially

Revelation 21:1-4

1Then I saw “a new heaven and a new earth,”^a for the first heaven and the first earth had passed away, and there was no longer any sea. 2I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. 3And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. 4’He will wipe every tear from their eyes. There will be no more death^b or mourning or crying or pain, for the old order of things has passed away.”

Q4:

What do we know
about her in v5?

A:

God is within her

She will not fall

God will help her at the
break of day



JORDAN FELIZ

THE RIVER

Dwelling Place

mishkan

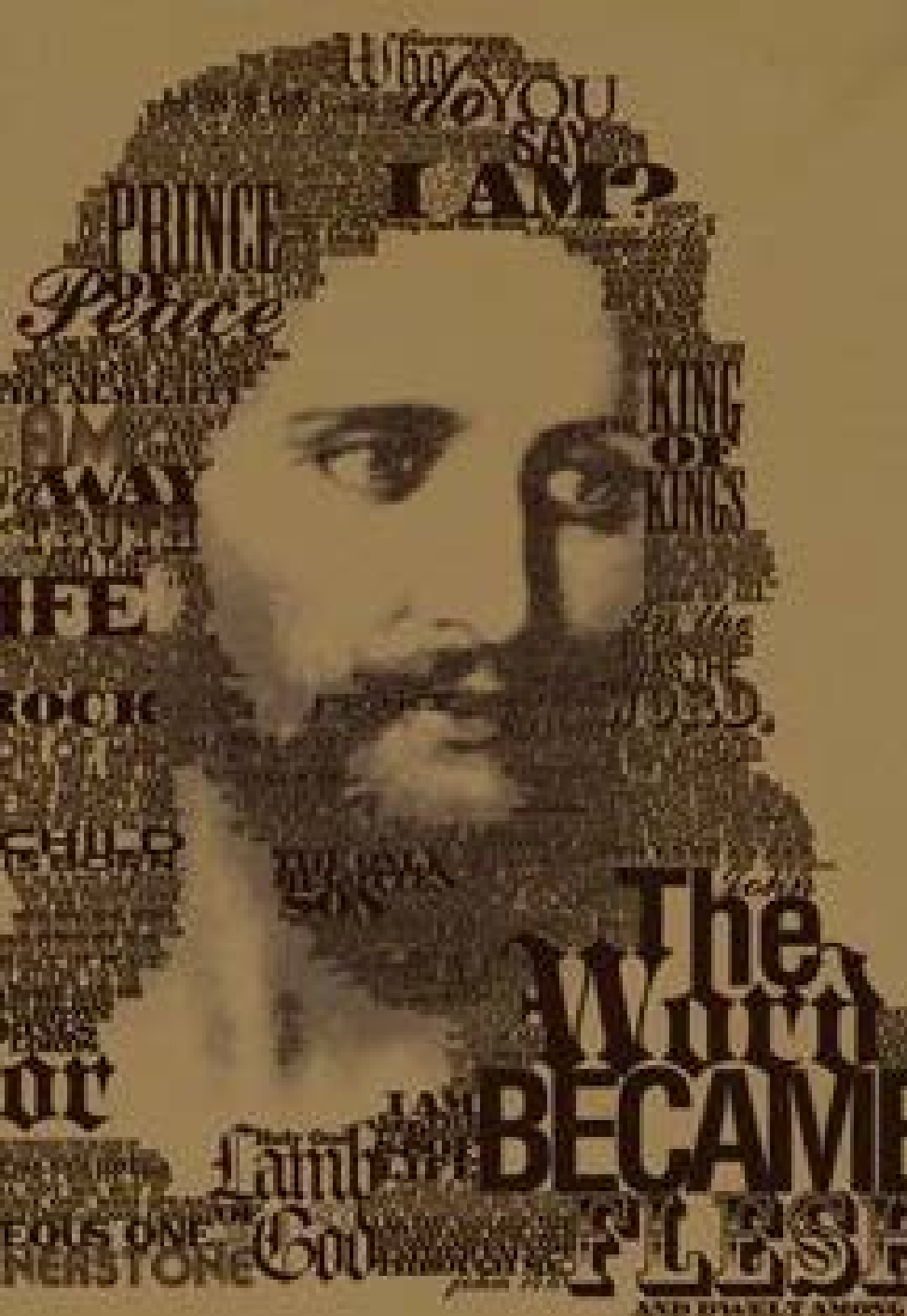
מִשְׁכָּן

a residence (including a shepherd's hut, the lair of animals, figuratively, the grave; also the Temple);

specifically, the Tabernacle (properly, its wooden walls)

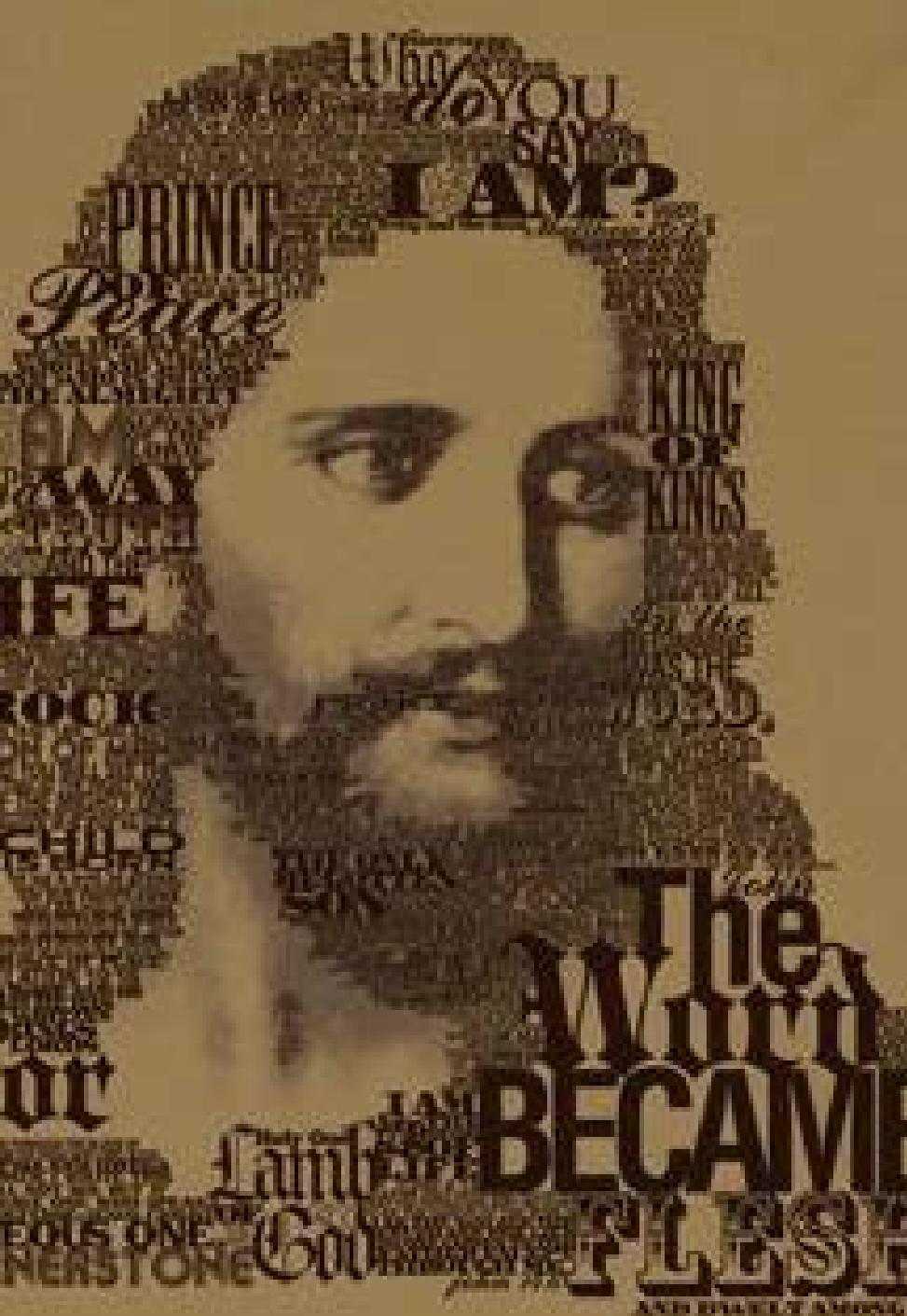
dwelleth, dwelling (place), habitation, tabernacle, tent.





The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

John 1:14



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John 1:14

Made his dwelling

skēnoō

σκηνώω

to tent or encamp, i.e. (figuratively) to occupy (as a mansion) or (specially), to reside (as God did in the Tabernacle of old, a symbol of protection and communion):—dwell.

tabernacled

Where does God dwell today?

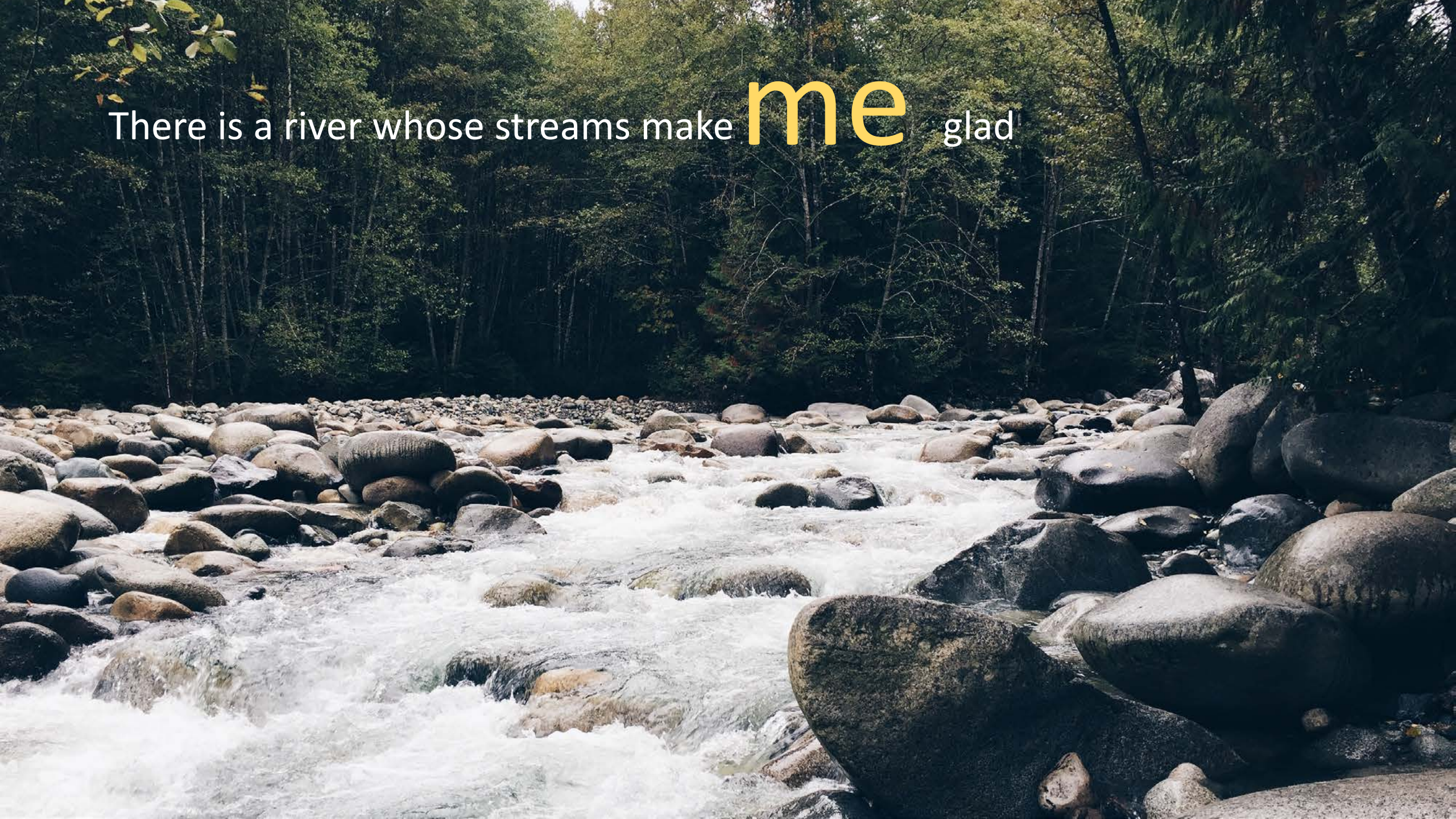
- Do you not know that you yourselves are God's temple, and that God's Spirit dwells in you? (1 Corinthians 3:16)
- Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? (1 Corinthians 6:19)
- You, however, are controlled not by the flesh, but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. (Romans 8:9)



A scenic photograph of a river flowing through a dense forest. The river is characterized by numerous large, smooth, dark-colored rocks scattered throughout its course, creating a series of rapids and small cascades. The water is white and frothy as it flows over the rocks. The surrounding forest is lush and green, with tall trees and a thick canopy. The lighting is natural, suggesting a bright day with some shadows cast by the trees.

There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.

There is a river whose streams make **me** glad



On the last and greatest day of the festival [of Tabernacles], Jesus stood and said in a loud voice, “Let anyone who is thirsty come to me and drink. **Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.**” By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.

– John 7:37-39



John 4:14

Jesus answered [the woman at the well], “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, **the water I give them will become in them a spring of water welling up to eternal life.**”



A photograph of a river flowing through a dense forest. The river is filled with large, smooth, dark rocks of various sizes. The water is white and turbulent as it flows over the rocks, creating rapids. The background is a thick forest of tall, thin trees with green foliage. The lighting is natural, suggesting a bright day.

There is a **river** whose streams make **me** glad

continuous and full, a perennial stream of the Holy Spirit welling up in me

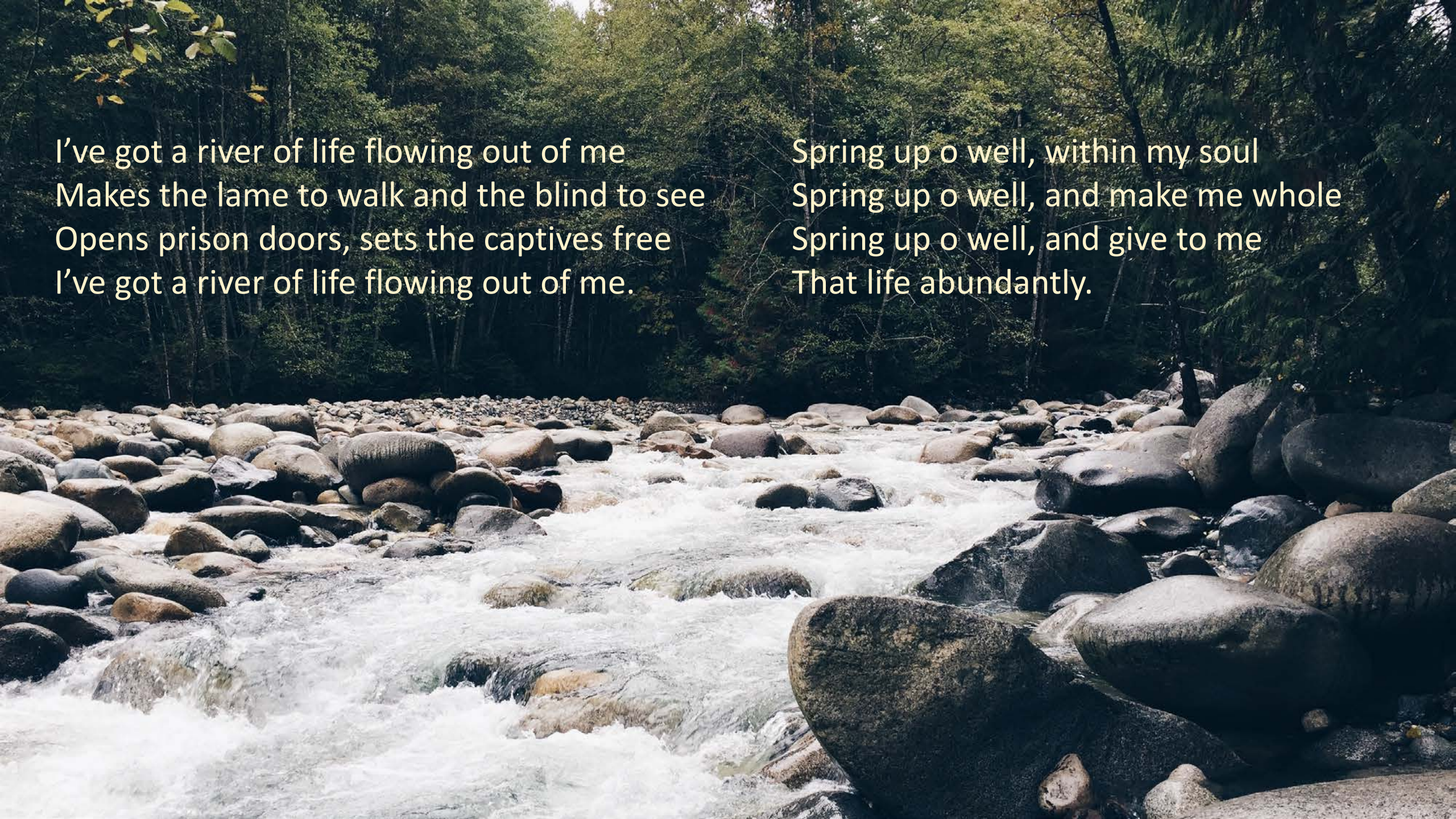


God is within her, she will not fall; God will help her at break of day.



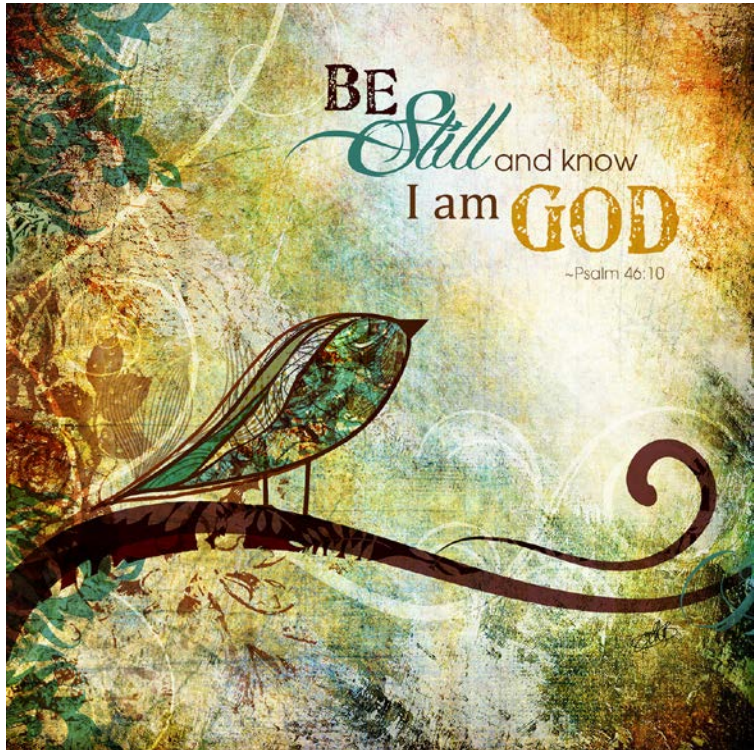
God is within **ME**, I will not fall; God will help **ME** at break of day.



A scenic view of a river flowing through a dense forest. The river is filled with large, smooth, rounded rocks of various sizes, creating a series of rapids and small cascades. The water is white and frothy as it flows over the rocks. The surrounding forest is lush and green, with tall trees and dense foliage. The lighting is natural, suggesting a bright day with some shadows cast by the trees.

I've got a river of life flowing out of me
Makes the lame to walk and the blind to see
Opens prison doors, sets the captives free
I've got a river of life flowing out of me.

Spring up o well, within my soul
Spring up o well, and make me whole
Spring up o well, and give to me
That life abundantly.



Session Four

The Battlefield

Nations are in uproar, kingdoms fall...





He lifts his voice,
the earth **melts**

Psalm 29:3-9

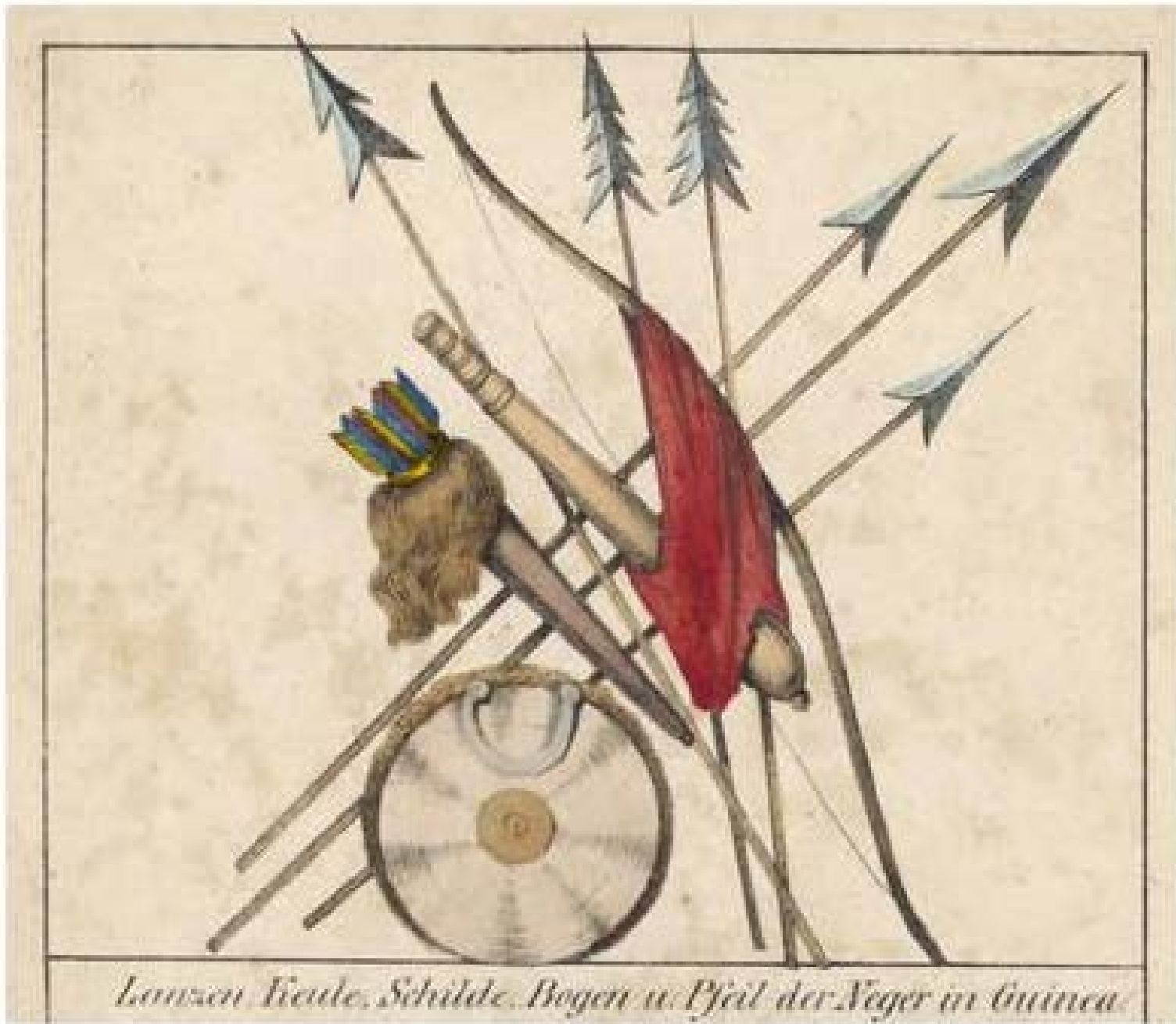
- ³ The **voice of the LORD** is over the waters;
the God of glory thunders,
the LORD thunders over the mighty waters.
- ⁴ The **voice of the LORD** is powerful;
the **voice of the LORD** is majestic.
- ⁵ The **voice of the LORD** breaks the cedars;
the LORD breaks in pieces the cedars of Lebanon.
- ⁶ He makes Lebanon leap like a calf,
Sirion like a young wild ox.
- ⁷ The **voice of the LORD** strikes
with flashes of lightning.
- ⁸ The **voice of the LORD** shakes the desert;
the LORD shakes the Desert of Kadesh.
- ⁹ The **voice of the LORD** twists the oaks
and strips the forests bare.
And in his temple all cry, "Glory!"



Come and see what the Lord has done,



the desolations he has brought on the earth.



He makes
wars cease to the
ends of the earth.
He breaks the
bow and shatters
the spear; he
burns the shields
with fire.

The Lord Almighty is with us;

the God of Jacob
is our fortress.



Psalm 46:1

God is our refuge
and strength,
an ever-present
help in trouble.



fortress

noun

1. a large fortified place; a fort or group of forts, often including a town; citadel.
 2. any place of exceptional security; stronghold.
-

refuge

noun

1. shelter or protection from danger, trouble, etc.:
to take refuge from a storm.
2. a place of shelter, protection, or safety.
3. anything to which one has recourse for aid, relief, or escape.

verb (used with object), refuged, refuging.

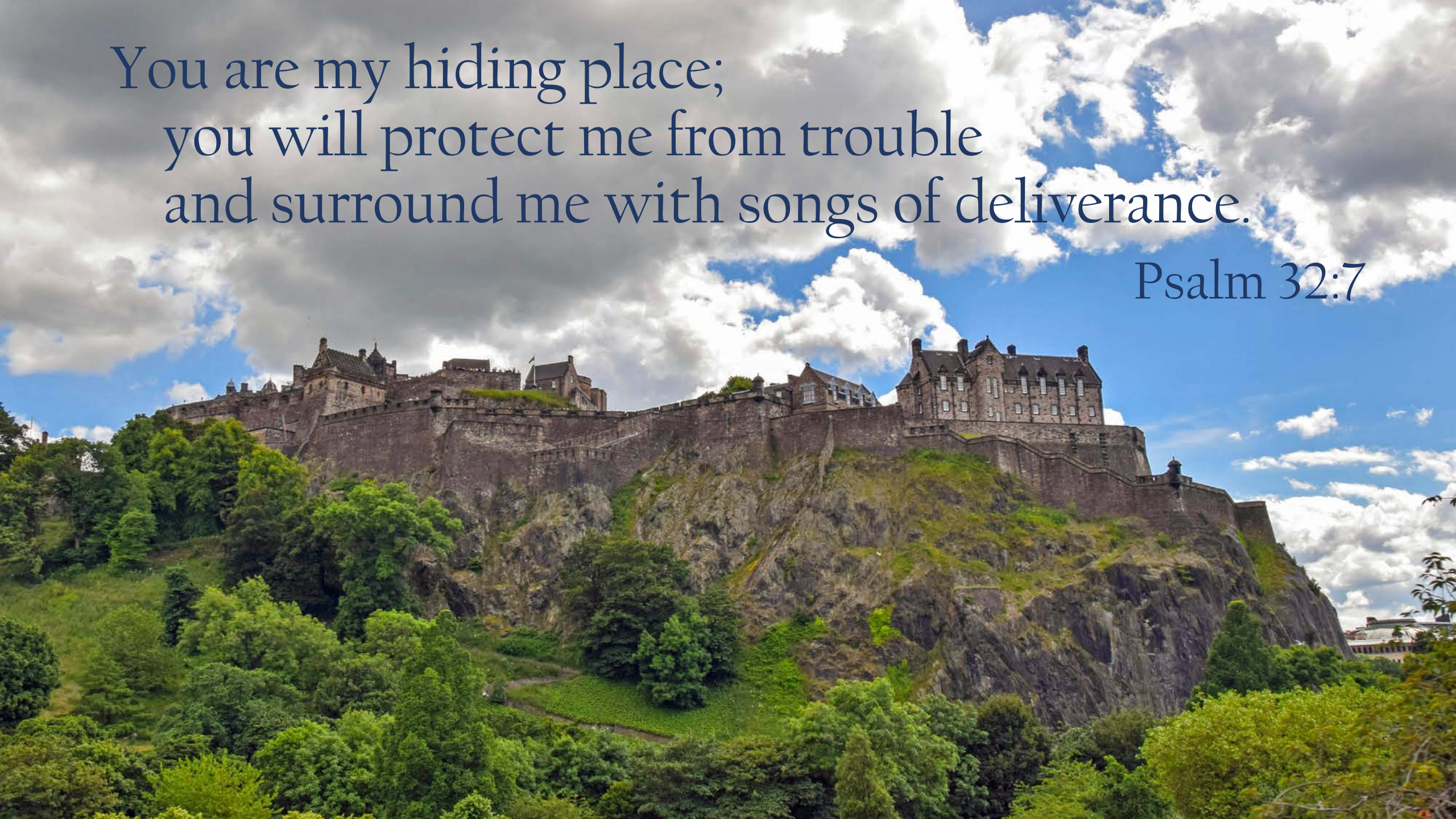
4. *Archaic.* to afford refuge to.

verb (used without object), refuged, refuging.

5. *Archaic.* to take refuge.

You are my hiding place;
you will protect me from trouble
and surround me with songs of deliverance.

Psalm 32:7



2 Chronicles 20





Rahab

Michael Dudash, Quiet Mood



God is our **refuge**
and **strength**,
an **ever-present help** in trouble.

PRINCIPLE: We need to trust



**HAVE MERCY ON ME, O GOD, HAVE MERCY!
I LOOK TO YOU FOR PROTECTION. O GOD, HAVE MERCY!
I WILL HIDE BENEATH THE SHADOW OF YOUR WINGS**

**UNTIL THE DANGER PASSES BY
UNTIL THE DANGER PASSES BY
UNTIL THE DANGER PASSES BY
UNTIL THE DANGER PASSES BY**

PSALM 57:1

scripturesquegraphics.com



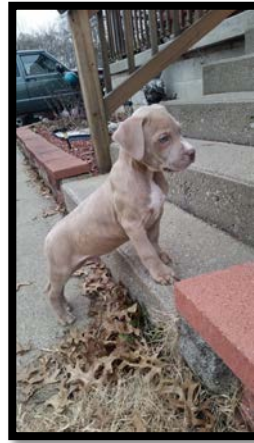
BE
Still and know
I am **GOD**
~Psalm 46:10



Session Five

Make It Stick



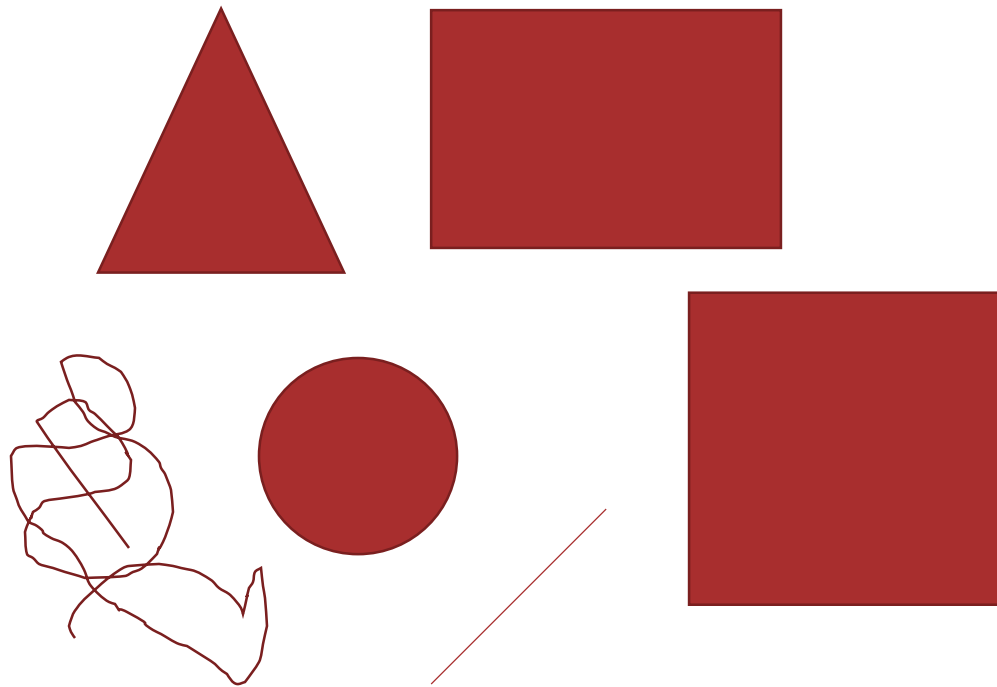


STICKY LEARNING

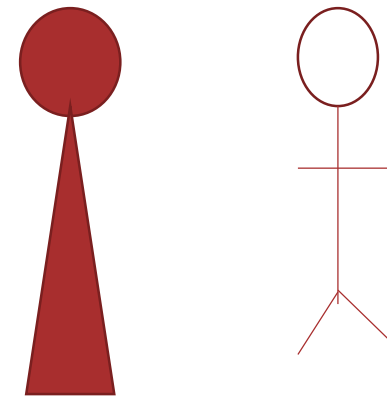


Drawing Lesson

Pictures Consist of Shapes and Lines

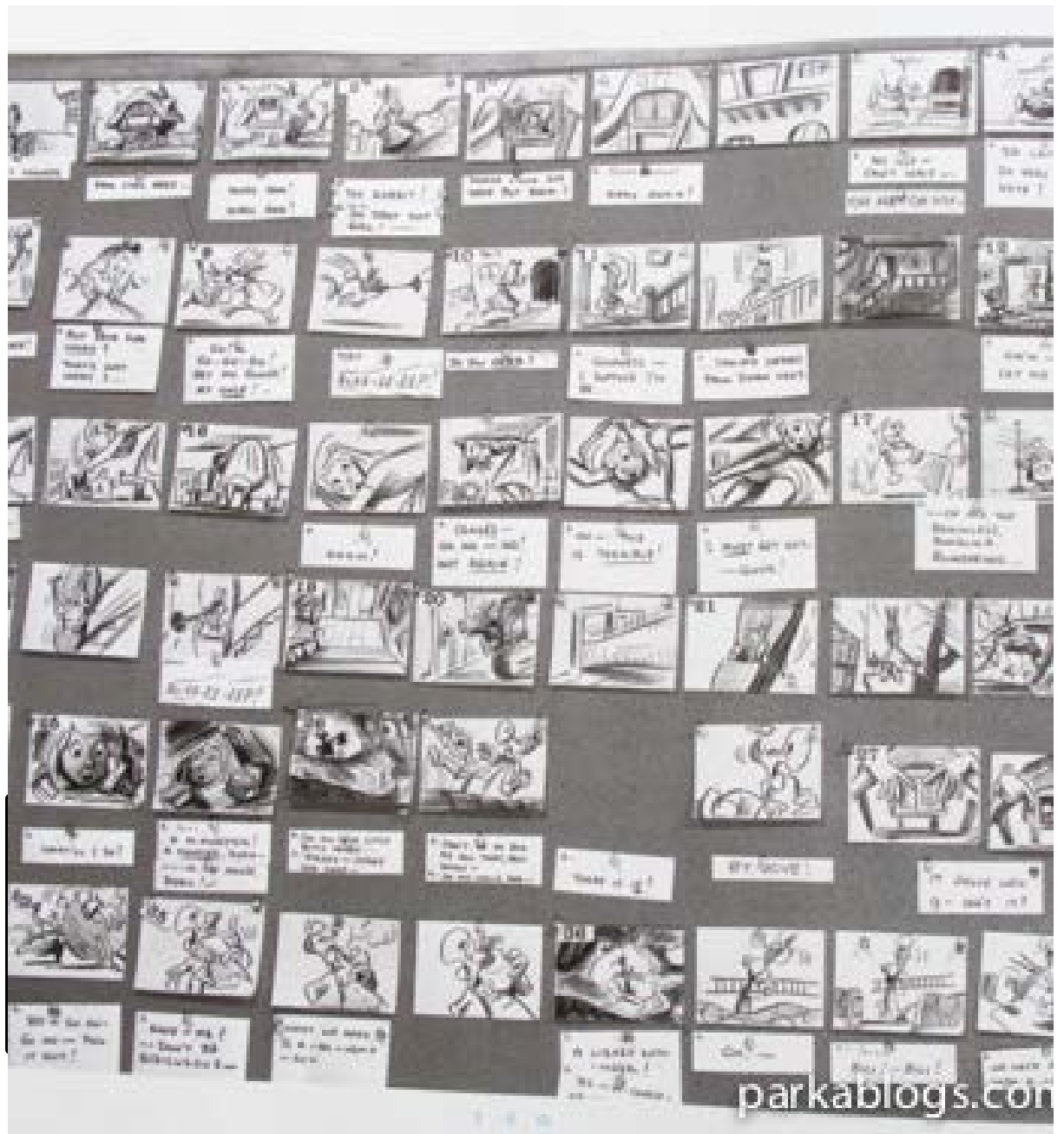
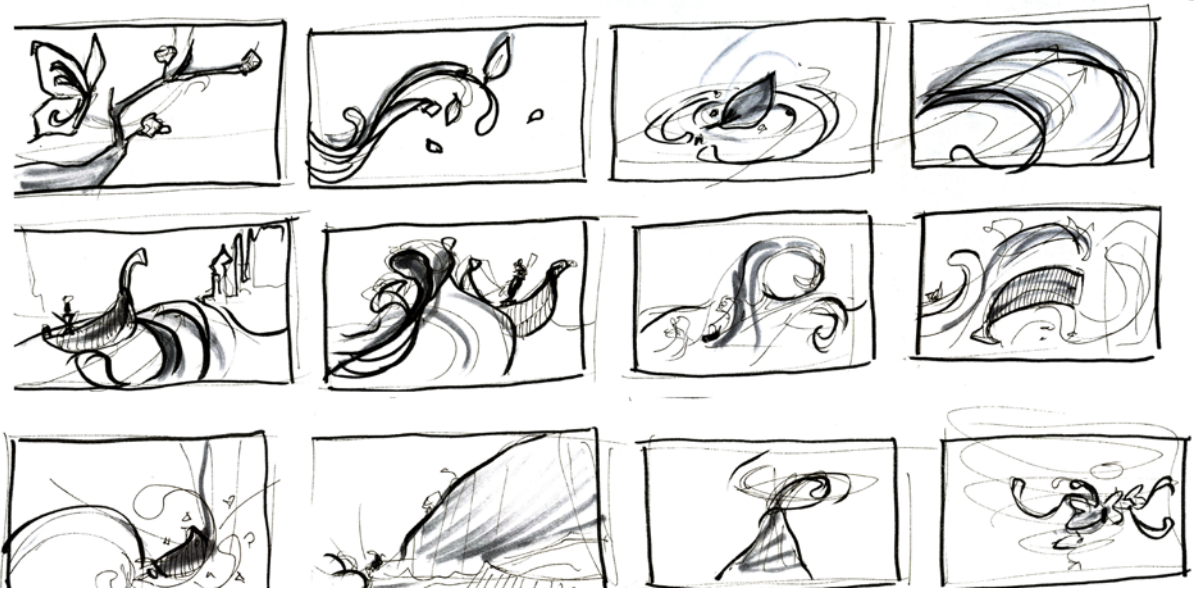


People Don't Need to Be Hard



Let's draw Psalm 46!





TITLE/SCENE:

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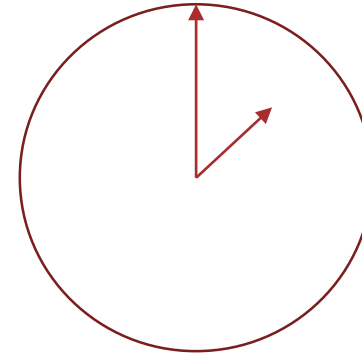
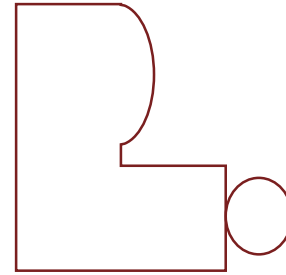
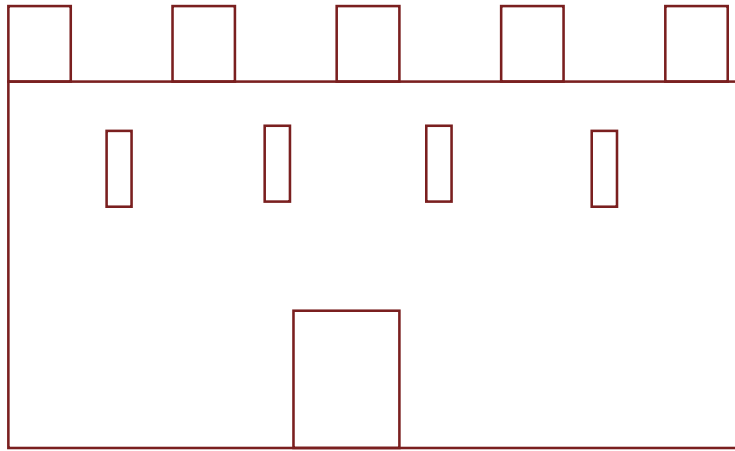
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NOTES:



God is our refuge and strength, a very present help in times of trouble.



BE
Still and know
I am **GOD**
~Psalm 46:10

Maintaining our Stability in an Unstable World

TBC Women's Spring Retreat

April 2017  Jean Marrapodi

BE

Still and know

I am **GOD**

~Psalm 46:10



Session Six

Life Interrupted

For the most
part, life is
good

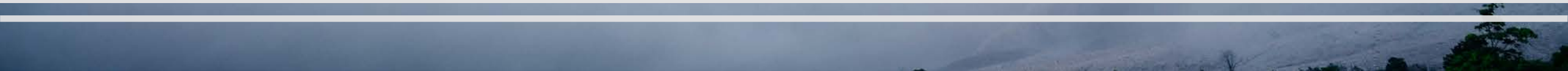


It only takes a
moment..





For your whole world to blow up





Then what?



We think 50,000
thoughts per day.
....more or less

What if?

What if?

What if?

What if?

What if?

What if?

Oh no!

What's going on in your head?

I can't deal with this.

I can't believe he did that!

I can't believe she said that!

Will she die?



Worry is a misuse of the
IMAGINATION

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

And the **peace of God**, which transcends all understanding, will **guard** your hearts and your minds in Christ Jesus.

Philippians 4:6-7



What is fear?

False

Expectations

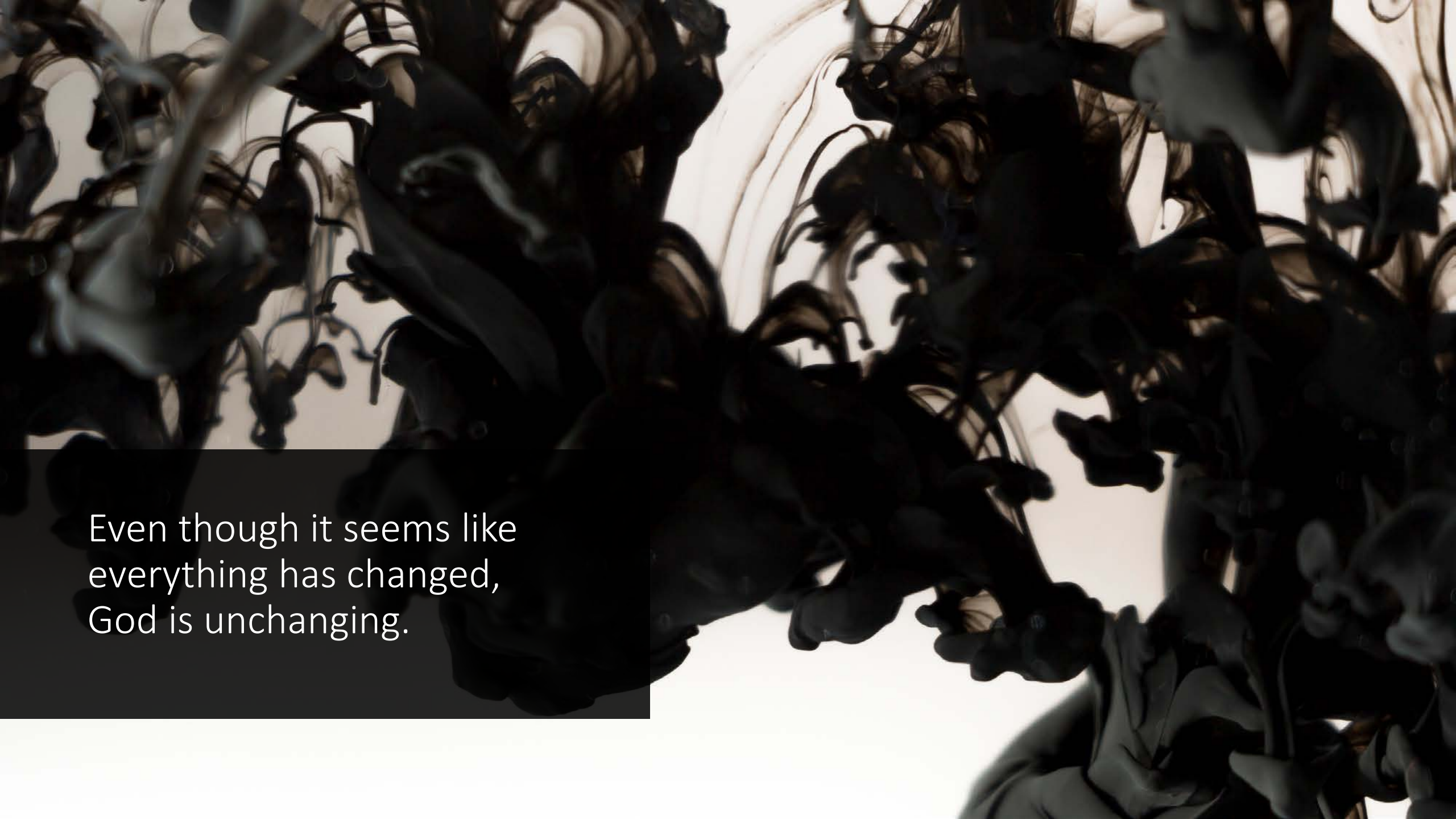
Appearing

Real



For God has
not given us a
spirit of fear,
but of power
and of love
and of a
sound mind.

-1 Timothy 1:7



Even though it seems like
everything has changed,
God is unchanging.



Jesus Christ
is the same
yesterday
and today
and forever.

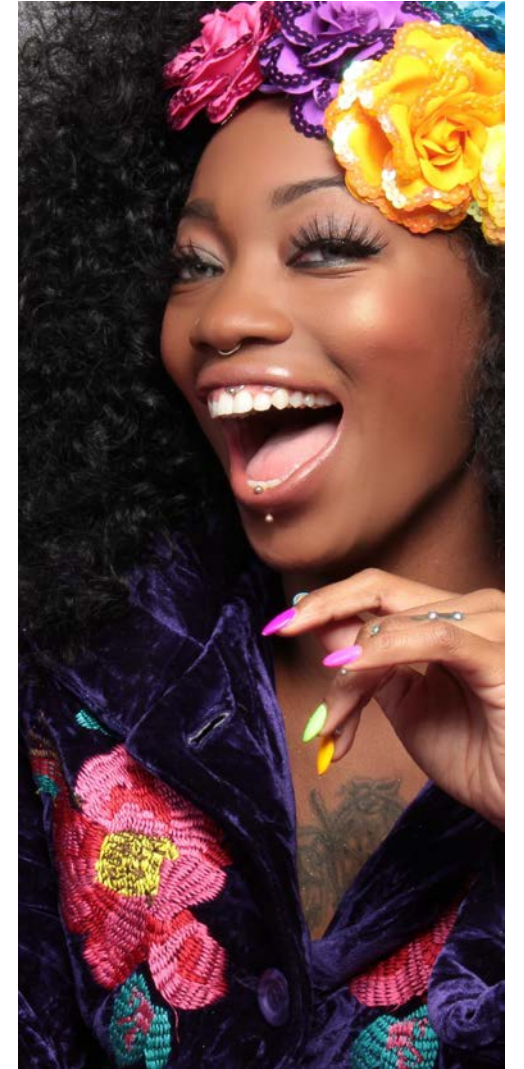
Hebrews 13:8



In a moment everything changes. But GOD is unchanging.

God is with you

Before
During
After





You, LORD, keep my lamp burning;
my God turns my darkness into light.

-Psalm 18:28



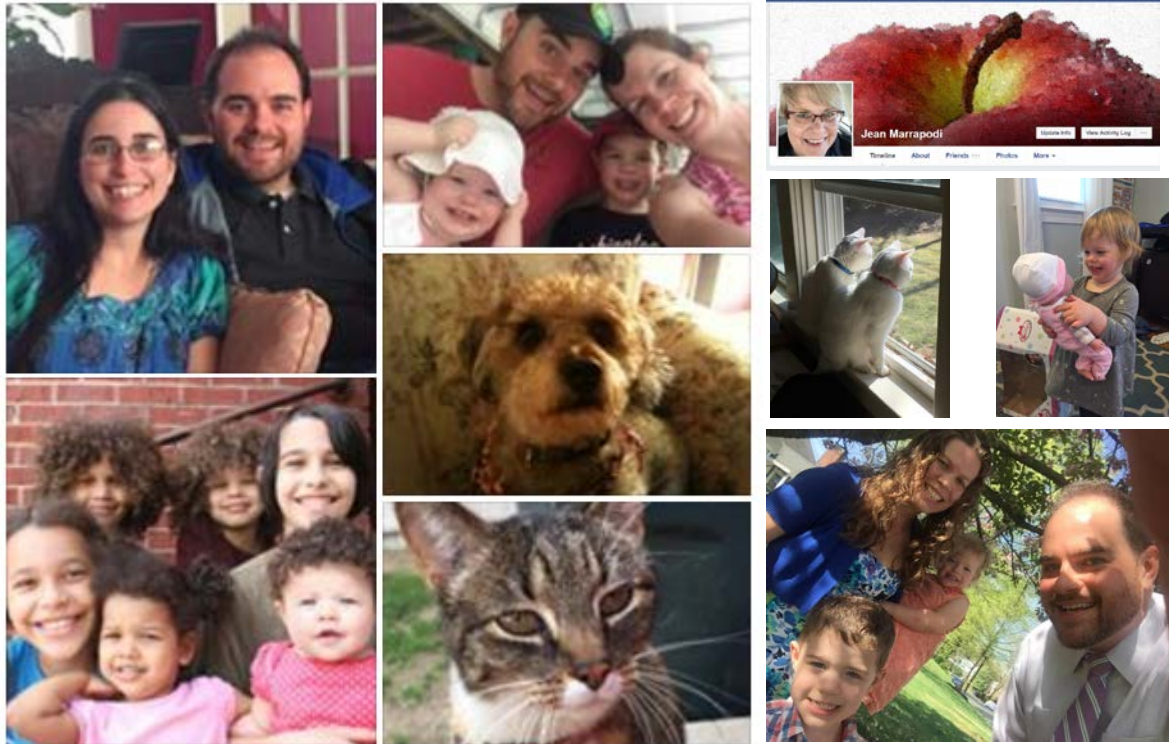
There is power in praise

Peter and Silas

Acts 16:16-40



My Story, God's Glory



Jean Marrapodi

December 31, 2016 · Providence, RI · 🌐 ▼

2016. It's been a year.

Lost: 2 jobs, 1 husband

Gained: Jean 2.0. National recognition by the eLearning Guild, TLDC, ATD.

New job at an awesome company. 1 house. 1 car.

Traveled: Orlando & Silver Springs FL; San Diego, CA; Las Vegas, NV; Deerfield, MI; Newfound Lake & Manchester, NH; Syracuse & NYC, NY; Princeton, Kendall Park, Barnegat, Wildwood, Jersey City, NJ; Arlington & Alexandria, VA

Discovered: I graduated high school with some incredible people. I have amazing, wonderful, supportive friends and family.

Learned: A bunch about watercolor, drawing and art. UX, UI and human computer interface design. I am resilient, and that God's promise to never leave or forsake us is rock solid and He can always be counted on.

Looking forward to what God has in store for me in 2017. Happy New Year, FB Friends!

GoodBye 2016

Welcome 2017

May your New Year be filled with adoration, happiness, warmth, and cheer and may you pass on these to those around you too.

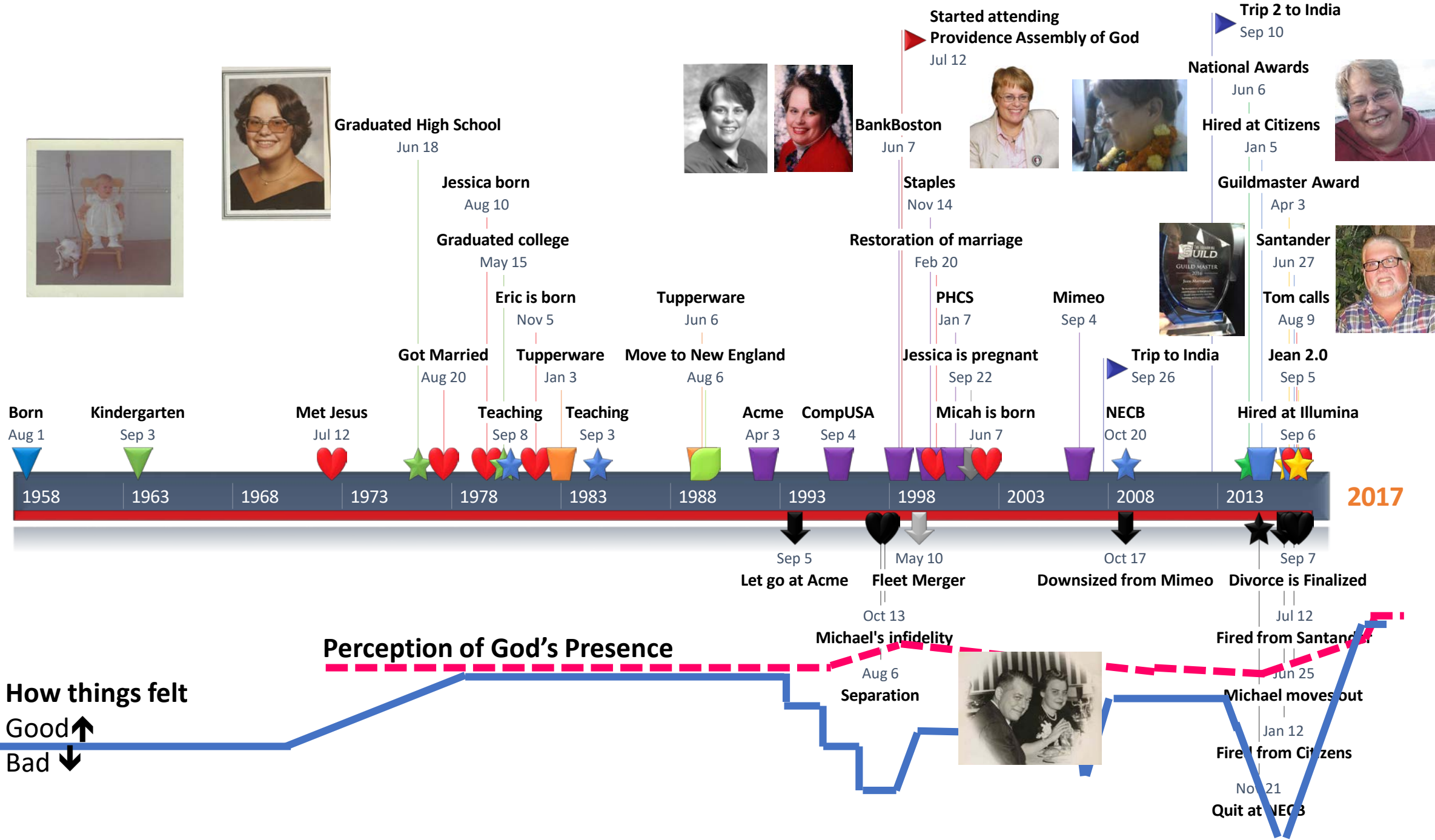
👍 Like 💬 Comment ➦ Share

👍❤️👤 Jeanne Smith, Jessy Edouard and 81 others



1958

2017



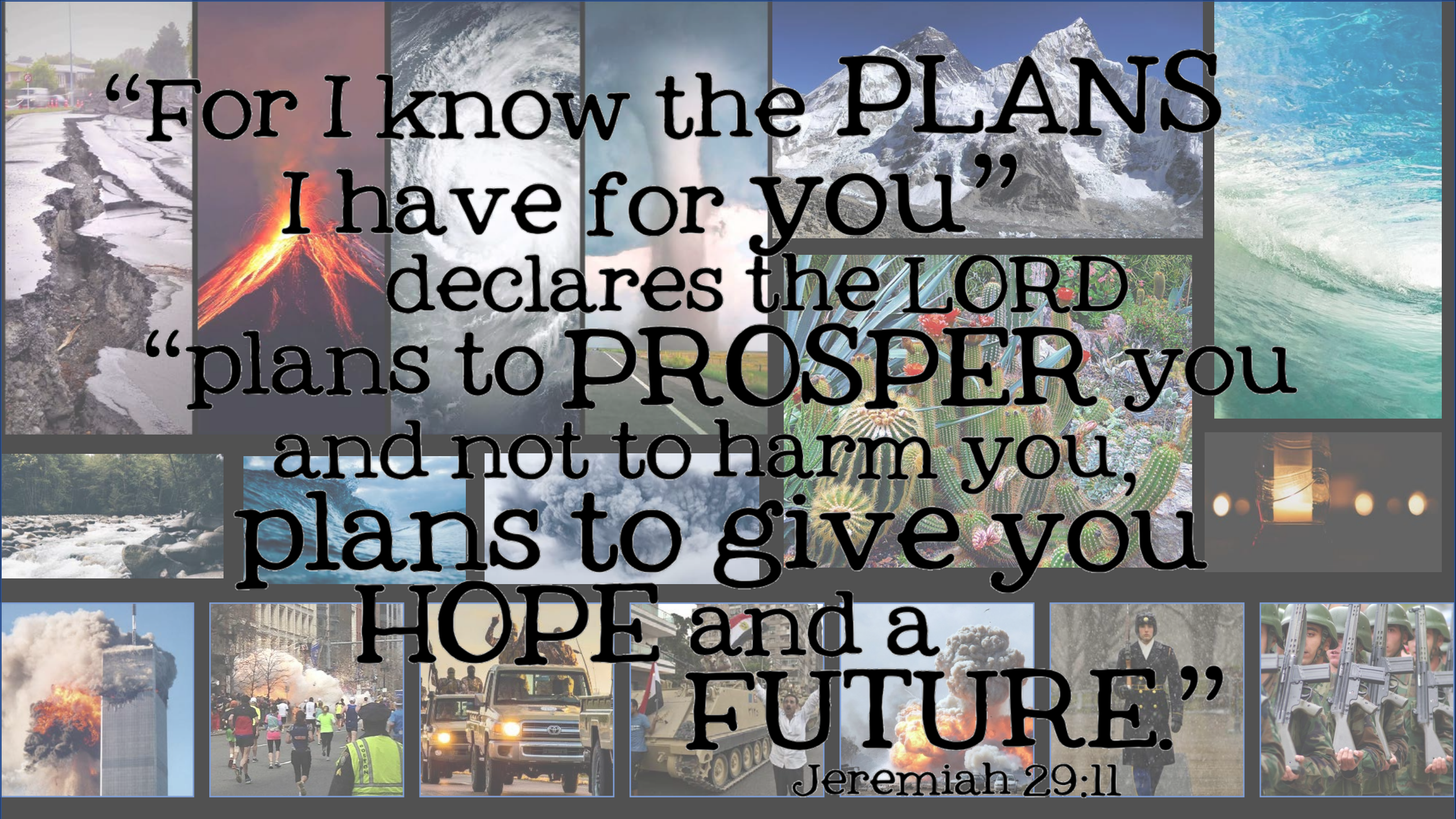


“For I know the **PLANS**
I have for you”

declares the **LORD**
“plans to **PROSPER** you
and not to harm you,
plans to give you

HOPE and a
FUTURE.”

Jeremiah 29:11

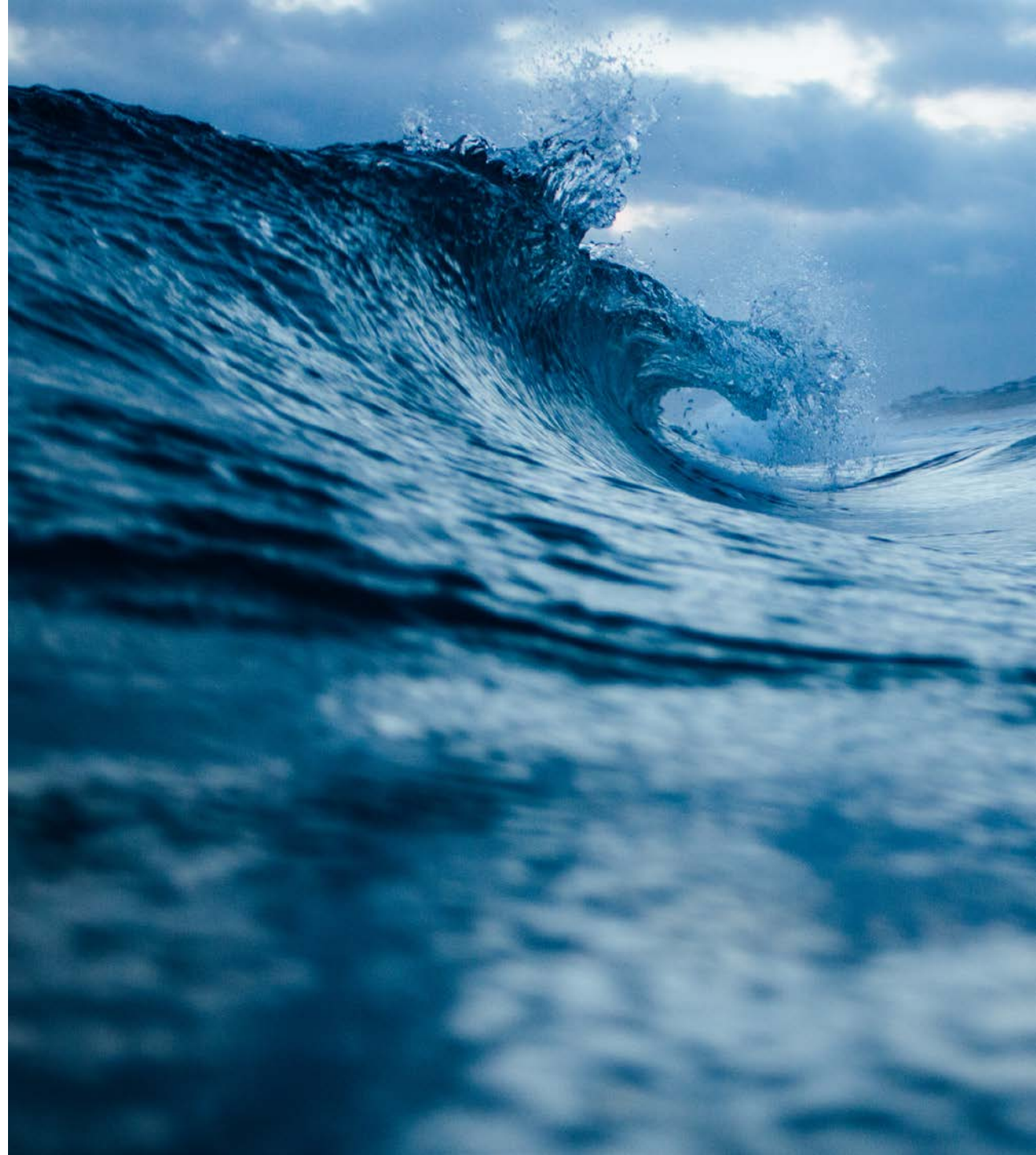


Isaiah 43:1-5a

But now, this is what the Lord says—
he who created you, Jacob, he who formed
you, Israel: “**Do not fear**, for I have redeemed
you; I have summoned you by name; you are
mine.

When you pass through the waters, I will be
with you; and when you pass through the
rivers, they will not sweep over you.
When you walk through the fire, you will not
be burned; the flames will not set you ablaze.

For I am the Lord your God, the Holy One of
Israel, your Savior.... Since you are precious
and honored in my sight, and because I love
you....**Do not be afraid**, for I am with you...





Be Still
AND KNOW
THAT *I am*
GOD.



Jean 2.0

Forget the former things; do not dwell on the past.

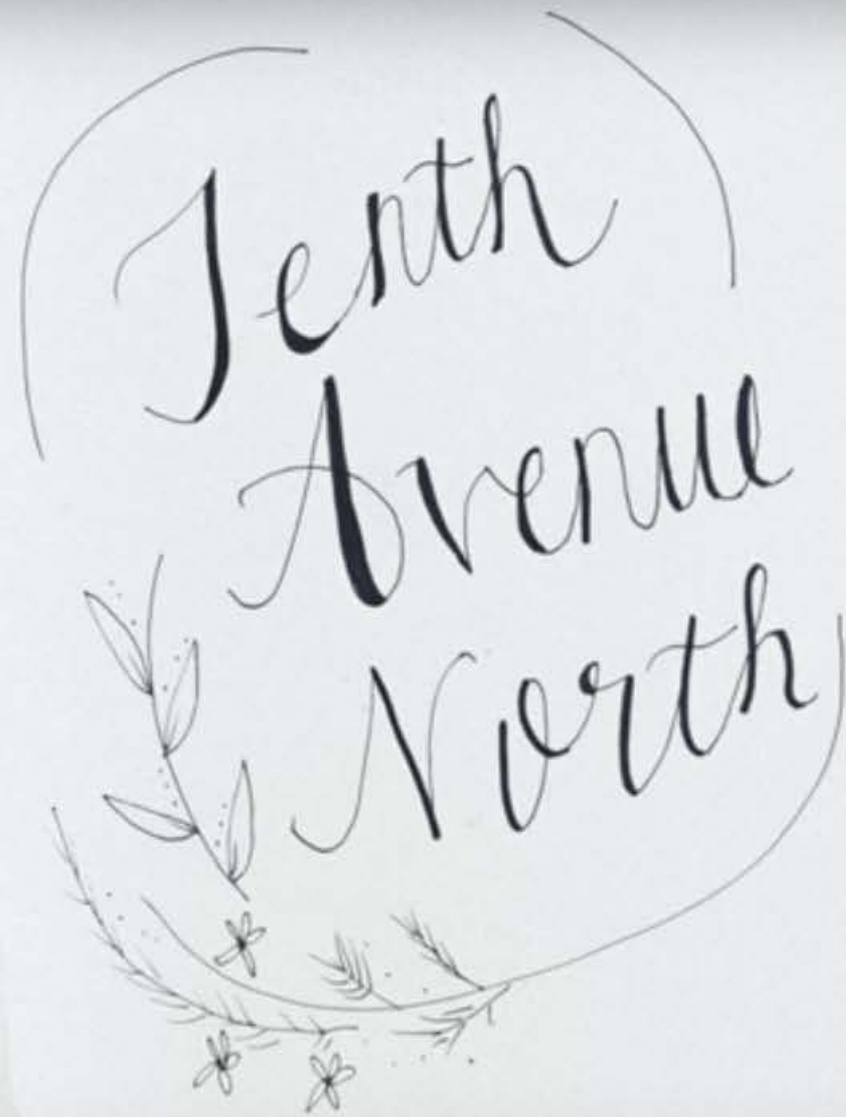
See, I am doing a new thing!

Now it springs up; do you not perceive it?

I am making a way in the wilderness and streams in
the wasteland.

-Isaiah 43:18:19

Tenth
Avenue
North



BE

Still and know

I am **GOD**

~Psalm 46:10



Session Seven

Let's Review

Psalm 46: Introduction and Refrain

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.

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 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."

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Psalm 46: The Troubles



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Psalm 46: The Reminders

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Psalm 46: The Key

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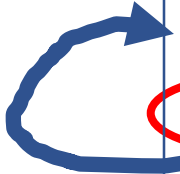
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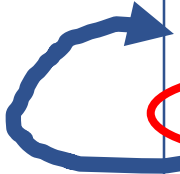
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God: refuge, strength

We will not fear in natural disasters

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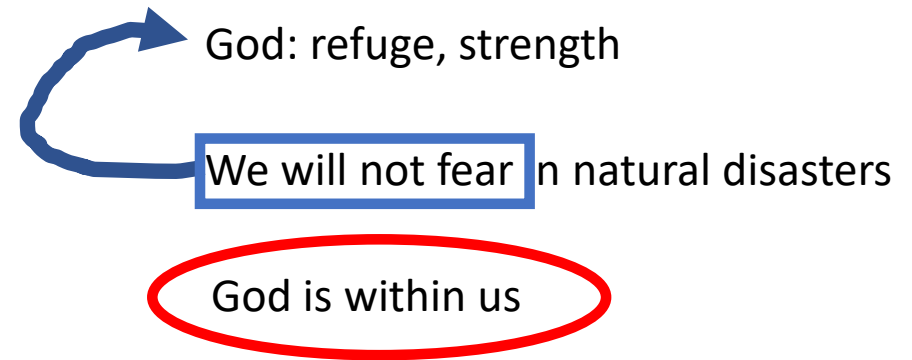
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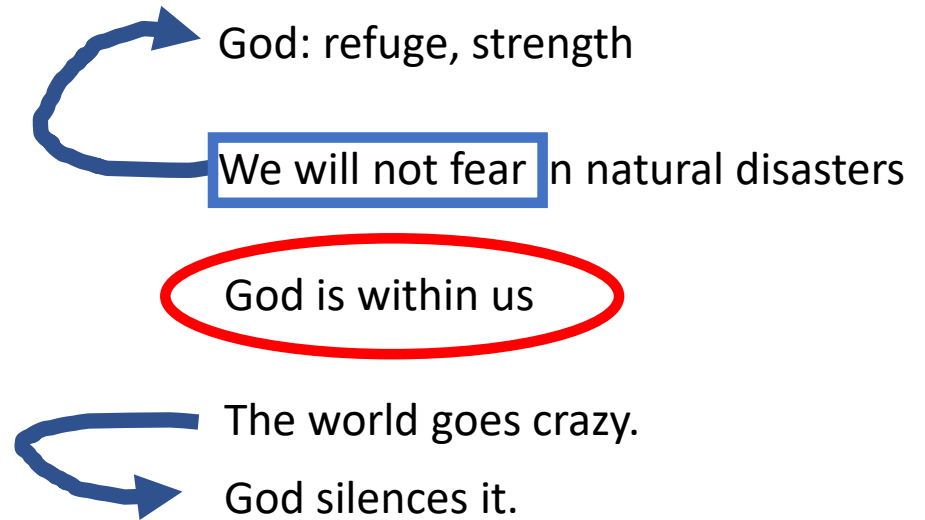
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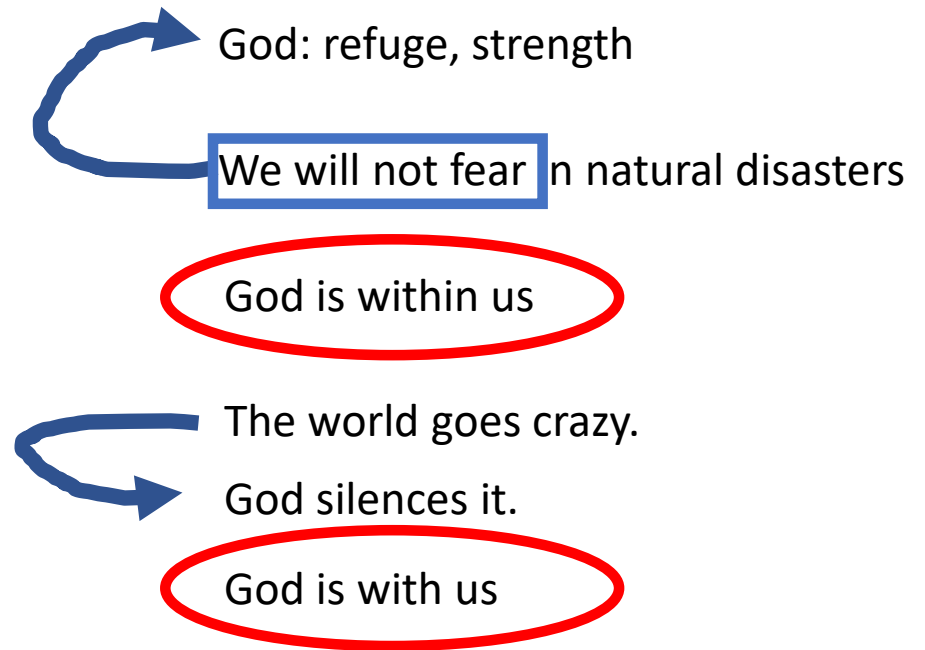
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God: refuge, strength
We will not fear in natural disasters
God is within us
The world goes crazy.
God silences it.
God is with us
Remember acts of God

- In the earth
- In the nations
- He brings peace

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We still live in a chaotic world.



Appointments continue to
schedule us.

We are **constantly** bombarded with information



- Facebook
- Twitter
- Instagram
- YouTube
- What's App

- Data
- Reports
- News
- Gossip

- Television
- Computer
- Radio
- Billboards
- Meetings
- Preaching
- Relationships



Social Media Still Connect Us

The daily news will still be scary






Natural disasters, political unrest and wars will still happen.





It's guaranteed: life will interrupt us



BE
Still and know
I am **GOD**
~Psalm 46:10



Review:

**So how do we
Maintain our
Stability in an
Unstable World?**