PCF-LA MIDWEEK PRAYER MEETING
TEACHING NOTES
Wed. Nov. 4, 2026
Pastora Venida Antonio

“When the World Is Shaking, God Remains Our Refuge.”

Psalm 46:1-11

Psalm 46[a]

For the director of music. Of the Sons of Korah. According to *alamoth*.[b] **A song.**

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.

Focus : Finding strength, peace, and confidence in God amid the challenges and uncertainties of life.

Key verse – Psalm 46:1 (NIV):

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

Take to Heart:

Even when the world around us is filled with uncertainty, conflict, fear, and difficulties, God remains our safe place, our strength, and our ever-present help. We do not need to be afraid because He is with us.

Three key reflections from Psalm 46:

1. **Verses 1–3: God is our refuge when trouble comes.**
We may face storms and difficulties, but we do not face them alone.

[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]

2. **Verses 4–7: God is with us in the midst of uncertainty.**
Even when nations are in turmoil, God remains in control.

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.

3. Verses 8–11: Be still and trust in God's power. Instead of allowing fear to overcome us, we must learn to surrender our worries to God and trust Him.

8 Come and see what the LORD has done,
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"Church, as we reflect on Psalm 46:1–11, let us remember that our God has not changed. The world may be shaking, circumstances may be uncertain, and challenges may come, but God remains our refuge and strength. Therefore, let us come before Him in faith, lifting our families, our church, our nation, and the world. Let us pray!"

1. Prayer for Peace in the World

Psalm 46:9–10

Prayer points:

- Lord, we pray for peace among nations experiencing war and conflict.
- Father, protect innocent lives, especially children, families, and the vulnerable.
- Lord, guide world leaders to make decisions that promote peace, justice, and reconciliation.
- Father, bring an end to violence, hatred, and division.

Congregational prayer:

“Lord, let Your peace prevail in our world. Be a refuge to those who are suffering and bring hope to those living in fear.”

2. Prayer for Families and Children

Psalm 46:1

Prayer points:

- Lord, strengthen families facing financial, emotional, and spiritual difficulties.
- Protect our children and young people from harmful influences.
- Bring healing and restoration to broken relationships.
- Provide for families struggling with the rising cost of living and daily necessities.

Congregational prayer:

“Father, be the center of our homes. Strengthen our families, protect our children, and help us to trust You in every season.”

3. Prayer for Those Experiencing Anxiety and Fear

Psalm 46:2–3

Prayer points:

- Lord, comfort those who are overwhelmed by fear, uncertainty, and anxiety.
- Give strength to those who are facing difficult situations.
- Remind Your people that You are always present, even in their darkest moments.
- Replace fear with faith and despair with hope.

Congregational prayer:

“Lord, during uncertainty, help us to remember that You are our refuge and strength. Let Your peace guard our hearts and minds.”

4. Prayer for the Sick and Those Who Are Suffering

Psalm 46:1

Prayer points:

- Father, bring healing and comfort to those who are sick.
- Strengthen those who are caring for loved ones.
- Provide for those who are struggling with physical, emotional, or spiritual burdens.
- Let Your presence bring comfort to those who feel alone.

Congregational prayer:

“Lord, stretch forth Your healing hand. Give strength to the weak, comfort to the hurting, and hope to those who are suffering.”

5. Prayer for the Church and Spiritual Renewal

Psalm 46:4–5

Prayer points:

- Lord, renew our love for You and deepen our prayer lives.
- Strengthen our pastors, leaders, and ministry workers.
- Unite the church in love, faith, and service.
- Help us become a light to our communities in these difficult times.

Congregational prayer:

“Father, revive Your church. Help us to stand firm in faith, walk in love, and be a source of hope to those around us.”

6. Prayer for Our Nation and Government Leaders

1 Timothy 2:1–2

Prayer points:

- Lord, give wisdom, integrity, and compassion to our leaders.
- Guide those making decisions that affect our communities and families.
- Help our nation overcome division, injustice, and hatred.
- Raise up leaders who seek peace, truth, and the well-being of all people.

Congregational prayer:

“Lord, we commit our nation into Your hands. Give our leaders wisdom and guide our country toward peace, justice, and unity.”

7. Prayer to Trust God in Uncertain Times

Psalm 46:10

“Be still and know that I am God.”

Prayer points:

- Lord, teach us to trust You even when we do not understand what is happening.
- Help us to remain faithful in times of uncertainty.
- Strengthen our faith when our prayers seem unanswered.
- Give us the courage to stand firm in Your promises.

Congregational prayer:

“Lord, help us to be still and know that You are God. May our faith remain strong, our hearts remain peaceful, and our hope remain in You.”

Church, as we come to the close of our time of prayer, let us take a moment to reflect on what we have shared before the Lord today.
We have lifted our concerns, our families, our church, our nation, and the challenges facing our world. We may not have all the answers to what is happening around us, but one thing we can be certain of is that God is still in control.
Psalm 46 reminds us that God is our refuge and strength, a very present help in trouble.
As we leave this time of prayer, let us not allow fear, worry, or uncertainty to take control of our hearts. Instead, let us continue to put our trust in the Lord.

Remember, church, ***we may not know what tomorrow holds, but we know who holds tomorrow.***

Let us continue to stand firm in faith, encourage one another, love one another, and remain faithful in prayer.

May the Lord give us peace in troubled times, strength in moments of weakness, wisdom in times of uncertainty, and hope for the days ahead.

And may we always remember the words of Psalm 46:10:

"***Be still and know that I am God.***"

Amen.