We have all experienced times in which we felt like the “rug was pulled out from under us.” Times of uncertainty or times of trouble are familiar to us all. These moments can take shape in the form of health concerns, loss of relationships, anxiety over school, questioning our abilities, etc. If we are not careful, our lives can become consumed by worry, fear, and anxiety. These times of trouble begin to control us and cause us to focus inward. We can become so preoccupied with our own worries that we ignore God and His teachings.

Psalm 46 reminds me that no matter what challenges I am facing, God is with me. God never changes, and His love for me is always constant. In the midst of trouble or uncertainty, I find comfort in the fact that God is at work in my life. In all situations He is working for my good and His glory.

God is our refuge, our strength, and an ever present help in times of trouble. Whatever obstacle you are facing, He is with you and will equip you to get through any situation. In times of trouble, you must depend on Him. Read His Word, find comfort in the scriptures, spend time with Him in prayer, and most importantly, listen for God’s voice and guidance.

**Life Question:** What is keeping you from trusting in God’s strength in times of trouble?

**Prayer:** Lord, when thoughts of worry and anxiety consume me, help me to remember that You are always with me and will equip me to face any situation. Amen.

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