

As our previous 'Lockdown Bible Studies' swirled in my head they slowly formed a question:

As a Christian, what am I supposed to do?

Now daily I seem to veer from worry, stress, joy and an urge to be over productive and an urge to do nothing as my response to the situation we are in. I wanted to know what God tells me to do in times of trouble.

I was led to Psalm 46.

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." 11 The Lord Almighty is with us; the God of Jacob is our fortress.



