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31 Days of Prayer Week of August 14

*Psalm 46 Nick Shepherd*

(Psalm 46:1-3) God is our refuge and strength, a very present help in trouble. 2Therefore we will   
not fear though the earth gives way, though the mountains be moved into the heart of the sea, 3though its waters roar and foam, though the mountains tremble at its swelling.*Selah*

* **In the valley, proclaim who God is to yourself**

(Psalm 46:4-7) There is a river whose streams make glad the city of God, the holy habitation of the Most High. 5God is in the midst of her; she shall not be moved; God will help her when morning dawns. 6The nations rage, the kingdoms totter; he utters his voice, the earth melts. 7The Lord of hosts is with us; the God of Jacob is our fortress. *Selah*

* **In success, pursue humility in prayer**

(James 1:17) Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

(Psalm 46:8-11) Come, behold the works of the Lord, how he has brought desolations on the earth.  
9He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. 10“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” 11The Lord of hosts is with us; the God of Jacob is our fortress. *Selah*

* **When you pray, proclaim the Gospel to yourself**
* **Pray consistently**
* **Pray alongside God’s word**
* **Pray alongside God’s people**