

## Above The Mountains

### Description

[RG 092322](#)

Psalm 46:1-11

We all face seasons in life that seem difficult or at times impossible to overcome. The author of today's passage uses the illustration of mountains doing frightening things as some of those difficult seasons we may encounter. Mountains are often overwhelming and intimidating at first glance. They can cause us to make a choice when we encounter them. We can either go out of our way to avoid the mountain, or we climb the mountain. Each of those options causes us to take action. We learn in Psalm 46 that those aren't the only choices we have when we face difficult seasons.

There are moments when we face challenging seasons where we are to be still. "Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth" (v. 10). In these moments or seasons, when we feel overwhelmed, we can fully trust in the Lord.

We can rest assured that God is above any mountain we may face.

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