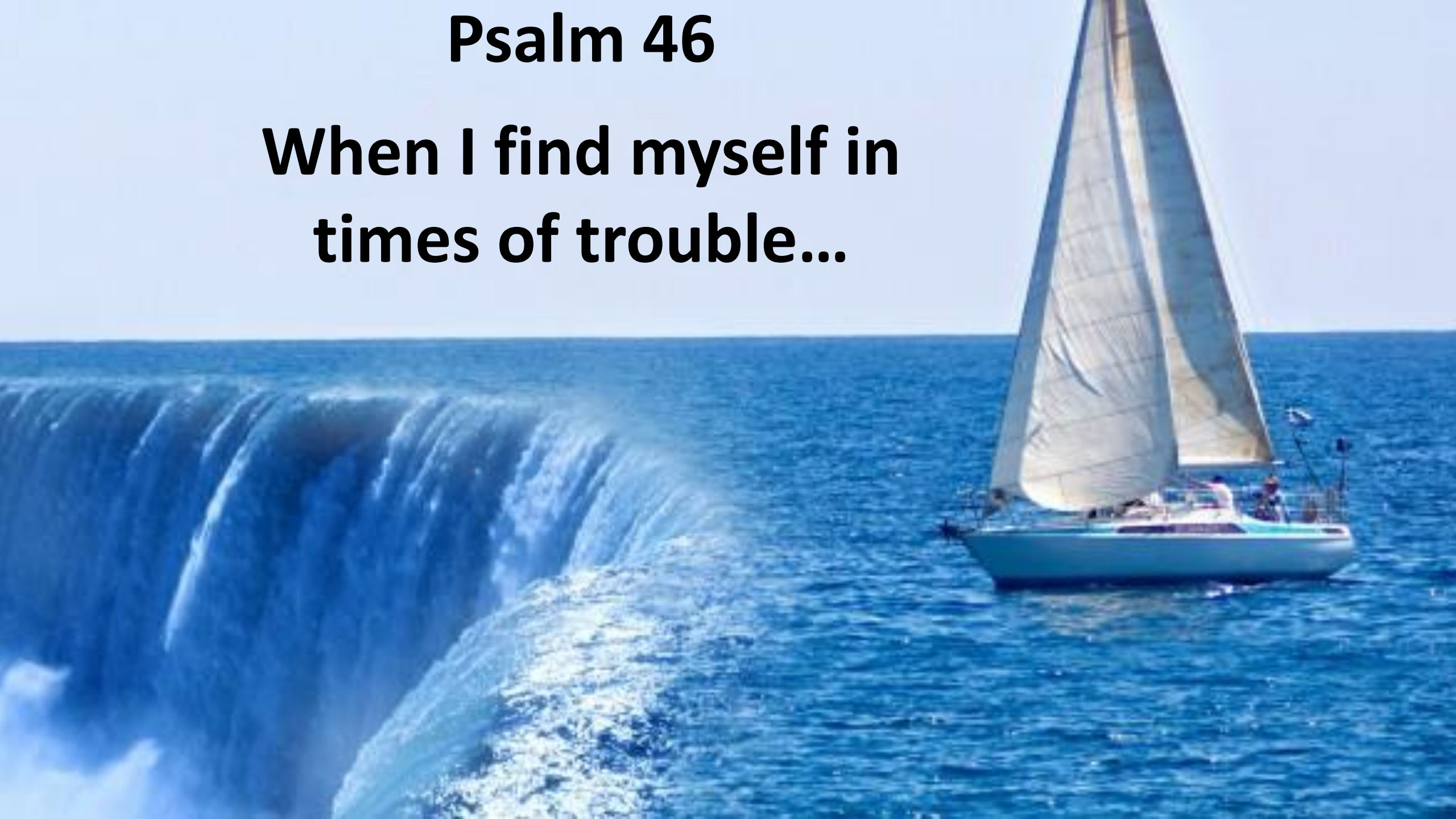
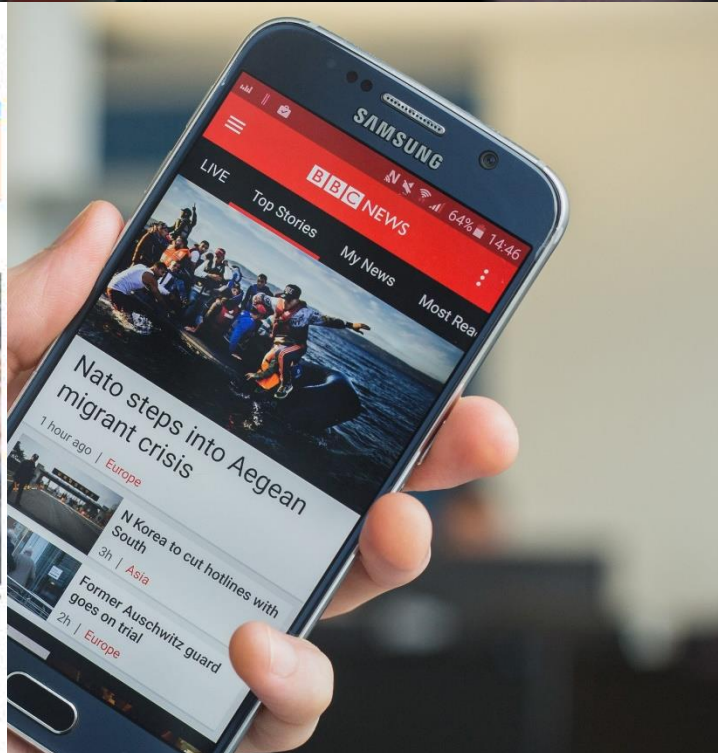


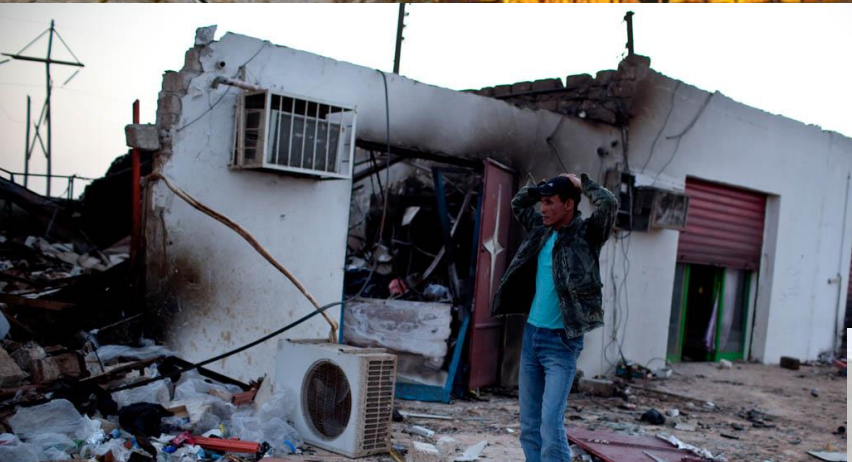
Psalm 46

**When I find myself in
times of trouble...**



avoidance space child terror may
associated away instinct hand fears
Whenever illness **mind object** choking **danger** attached
know therefore **causes** person
detach **situation** intense irrational
symbolically caused injury behaviour
loss feelings unpleasant contact **phobias** panic fight stick leaves
usually reaction run lead **real phobia** around
control repress feel find anxiety **fear** alongside
phobias flight experiences **spider** get childhood feeling
now **strong** vomiting germs nothing
attach like confronted essential way trapped comes
prepare doesn't either fainting
confrontation relate whatever unable still even little manages
subconscious lift blood
often enclosed







British clairvoyant predicts 'serious earthquake in New Zealand'

Aotearoa can expect a "serious earthquake" in 2018, which he believes will be part of "a general increase in seismic activity worldwide"...

But it's not all bad, Hamilton-Parker says, because "the collective thoughts of all of us" can change the outcome of his predictions. He says part of the remedy can be "becoming inspired by" and "drawing from the vibratory power" of nature.

"Once we begin to love nature, all of us, and we treat nature as a being, maybe nature will find a way of correcting itself," he says...

There is no evidence to suggest a severe earthquake in New Zealand next year will occur.

Newshub

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.**

Salamo 46

**1 O le Atua, o lo tatou malu ia ma lo tatou
malosi; e fai o ia ma fesoasoani silisili i
puapuagā.**

**2 O le mea lea tatou te lē fefefe ai,
pe a fa'aliliuina le lalolagi, ma lūlūina mauga i
totonu o le sami;**

**3 pe a ta'alili ma sousou ona suāsami,
ma fa'agateteina ai mauga i lona maualuga.**

**4 O le vaitafe, e fa'afiafia ona magāvai i le 'a'ai
a le Atua, o le mea pa'ia, o i ai afio'aga o lē
Silisili'ese.**

**5 O lo'o i totonu 'iā te ia le Atua, e lē
fa'agae'etia lava ia, e fesoasoani le Atua 'iā te
ia i le vave ao.**

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 the works of the Lord, 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.

6 'Ua vāvāō nu'u 'ese, 'ua fa'agae'etia mālō; 'ua tulei mai lona si'ufofoga, 'ona liu suāvai lea o le lalolagi.

7 'Ua 'iā te i tatou le ALI'I o 'au; o le Atua o lakopo o lo tatou 'olo maualuga ia.

8 'Inā ō mai ia, 'inā va'ava'ai i galuega a le ALI'I, o lē 'ua faia fa'atafunaga i le lalolagi.

9 'Ua fa'ai'ua e ia o tau'a e o'o lava i tulu'iga o le lalolagi; 'ua gagau e ia le 'aufana ma vavae le tao; 'ua susunuina fo'i e ia kariota i le afi.

**10 “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.**

**10““Inā sōia ma ‘ia ‘outou iloa o a‘u lava o le
Atua; e vi‘ia a‘u i nu‘u ‘ese, e vi‘ia a‘u i le
lalolagi.”**

**11‘Ua ‘iā te i tatou le ALI‘I o ‘au, o le Atua o
lakopo, o lo tatou ‘olo maualuga ia. Selā.**

God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear

Psalm 46:1-2

Ecclesiastes 12:1 (NIV)

Remember your Creator

**in the days of your youth,
before the days of trouble...**



Psalm 46:8 (NIV)

Come and see what the LORD has done, the desolations he has brought on the earth.



*Be Still And Know
That I Am God*



God is...

Jeremiah 29:13 (NIV)

***You will seek me and find me when you seek me with
all your heart.***

- **Job 14:1 reminds us that we live in a troubled world.**
- **John 16:33 Jesus told us in this world you will have trouble.**
- **2Cor. 4:17 tells us our light and momentary troubles are achieving for us an eternal glory.**
- **Romans. 8:35 assures us that trouble can't separate us from the love of Christ.**
- **2 Cor. 1:4 tells us God is able to comfort us in all our troubles**
- **James 5:13 urges us that when we are in trouble that we need to pray.**

Philippians 4:7 (NIV)

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Isaiah 26:3 (TLB)

He will keep in perfect peace all those who trust in him, whose thoughts turn often to the Lord!

God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear

Psalm 46:1-2