



## Devotion for Smalls, Talls, and All on Psalm 46 (verses 1, 7, 9-11)

God is our refuge and strength,  
an ever-present help in trouble.

He breaks the bow and shatters the spear;  
he burns the shields<sup>[d]</sup> with fire.  
<sup>10</sup> He says, "Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth."

<sup>7</sup> The Lord Almighty is with us;  
the God of Jacob is our fortress.

<sup>11</sup> The Lord Almighty is with us;  
the God of Jacob is our fortress

<sup>9</sup> He makes wars cease  
to the ends of the earth.

### Devotion for FIGs

This Psalm is ALSO a song written for the music leader. This is a person who helped people sing and play music to worship God and to learn about God. It was written by David before he became the great King of Israel.

David was a shepherd. He was out in the field with the sheep A LOT! When storms came up, they didn't get into their car and drive home. David would look for a place where he and the sheep could be safe and dry. He calls it a "refuge" and "fortress."

- I wonder how you feel when storms come up?
- I wonder where do you feel safe?

David was ALSO a fighter. I am not talking about the arguments he had with his brothers. Yes, he had them, just like some of us do. (Or we might argue with our sisters.) David fought Goliath, a giant. David also helped make King Saul feel better. Both King Saul and David would have to fight to protect their people. In this song, David is seeing a time when God's people would not have to fight. EVERYONE would know that God is the person in charge...so why fight?

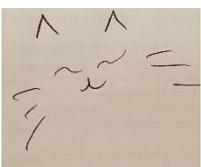
- I wonder why do people fight?
- I wonder why do people stop fighting?

This Psalm says to "be still and know that I am God." That seems like the best way to stop fighting. If we are just still and don't move, we can't fight can we?

- I wonder how we look when we fight? Make a fighting face and pretend you are going to fight...now freeze. Hold that 15 seconds or until someone moves. Maybe Mom or Dad can take a picture of it.
- I wonder how it would feel different if we were to "be still." Now, sit or stand, and be very very still. Don't move or talk. Hold that for 15 seconds or until someone moves. Maybe Mom or Dad can take a picture of it.
- I wonder which was easier to do? Was it easier to hold the "fight" pose or the "be still" pose?

If we remember that God is our fortress and our strength then it is easier to be still. It is more fun to play with our friends. We can be still longer than we can be fighters. If God is our safe place we don't need weapons.

If we remember that God is the one in charge, then wars will stop and the world will "exalt" which is to celebrate joyfully. **"Thank you for being with us, God. Thank you for being strong for us and for being our safe place to just be." Amen.**



Your friend,  
K at.

## How can we help?

### For Smalls:

The psalm talks about safe places, refuges. Where are the places that might be "safe places" for the animals in our garden? What makes them feel safe? How many can you find?

One thing we hear in the garden are birds! They need water just like we do. You can fill the birdbath with water if you would like. Ask one of the Garden Helpers where to get water for the birdbath.

### For Tall:

One way we help people feel safe is through the Northside Mission Ministries Food Pantry. People need shelter AND Food to be safe and strong. Our garden helps to provide fresh vegetables! We plant marigolds in the rows to discourage rabbits and other small animals from eating the food we planted for the food pantry. Ask one of the Garden Helpers to show you how to plant the marigolds or weed the rows!

### Words you may not know:

- Psalm-a song or poem in the Bible
- Almighty-to be able to do anything, to have all of the power
- Jacob-the brother who moved his family to Egypt to save them from a famine
- Fortress-a really safe place
- Bow- the string and wood that sends an arrow up
- Spear- a long stick with a very sharp point on the end

Right now we are planting, weeding, watering.

One way the garden helps people is to give them a quiet place to sit. Check the white seats. Are they clean? You can wipe them off with a towel and some water. Check the shed for materials in a bucket.

### For All:

We are sitting here in a beautiful garden. There are so many things here. There are plants for animals to eat and food we grow for people to eat. I wonder, what do the birds eat? Hopefully, if we keep the birdfeeder filled every week, maybe the birds will eat that instead of the tomatoes, beans, or other things in the garden. Can you find the birdfeeder? Does it need refilling? If it needs to be refilled, we have some in the shed. It is in an orange bucket.

Take a moment before you leave to sit on a picnic bench, in a white chair or just to stand and "Be Still" and "Know (that the Lord) is God."

- Shield – something strong that you hold up to protect yourself
- Exalted – to be celebrated with joy…usually really loudly



**1**The heavens declare the glory of God; the skies

proclaim the work of his hands.

**2**Day after day they pour forth speech; night after night they reveal knowledge.

**3**They have no speech, they use no words; no sound is heard from them.

**4**Yet their voice<sup>b</sup> goes out into all the earth, their words to the ends of the world.

In the heavens God has pitched a tent for the sun.

**5**It is like a bridegroom coming out of his chamber, like a champion rejoicing to run his course.

**6**It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its warmth.

**7**The law of the Lord is perfect, refreshing the soul.

The statutes of the Lord are trustworthy, making wise the simple.

**8**The precepts of the Lord are right, giving joy to the heart.

Psalm 19<sup>a</sup>

For the director of music. A psalm of David.

The commands of the Lord are radiant, giving light to the eyes.

**9**The fear of the Lord is pure, enduring forever.

The decrees of the Lord are firm, and all of them are righteous.

**10**They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb.

**11**By them your servant is warned; in keeping them there is great reward.

**12**But who can discern their own errors? Forgive my hidden faults.

**13**Keep your servant also from willful sins; may they not rule over me.

Then I will be blameless, innocent of great transgression.

**14**May these words of my mouth and this meditation of my heart

be pleasing in your sight,

Lord, my Rock and my Redeemer.

(NIV source: biblehub.net)

## Devotion for Adults:

### I'm Always "Hayden" from this Psalm!

Calvin believed that all sung worship music should be based on biblical texts. He believed that it is one way to teach scripture to the newly literate masses. The first verses of this psalm are, for me, inextricably bound to Hayden's Creation, even though it was also set to music by Bach. I think it is because the lilt of Hayden's melody does just what the Psalmist wrote. Even if there was not the libretto based on the first 4 verses of Psalm 19, "Yet their voice goes out into all the earth, their words to the ends of the world" (verse 4).

The Psalmist writes of the comfort afforded to us and to creation by the ordering of the earth. It makes us and all of the world more comfortable and secure. The last verse, number 14, is equally familiar to most of us. It is a coda of humility at the end of an exuberant eruption of celebration offered to the Glory of God! We hear it in worship; we whisper it before or after Bible Study; we hope it internally when we seek understanding from our own musings.

**14**May these words of my mouth  
and this meditation of my heart  
be pleasing in your sight,  
Lord, my Rock and my Redeemer.  
Amen.

Peace be with you,  
Kat. Barden

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Welcome to the "Secret Garden" of Second Presbyterian Church. This is a community garden that provides fresh fruits and vegetables for the clients of the Northside Mission Ministry Food Pantry. Would you like to help? If so, please see one of the Garden Helpers.

## Guided Volunteer Hours

A member of the Garden Team will be on-site to help assist volunteers:

Tuesdays, 9:00 a.m. - noon

Wednesdays, 4:00 - 7:30 p.m. (or dark)

Thursdays, 9:00 a.m. – noon

Garden tasks include planting, watering, harvesting, weeding and sprucing up the Prayer Garden area.

You can sign up to volunteer using [SignUpGenius](#) to volunteer – or Just Show UP!