



June 21, 2026  
Rex Churchill

**Psalms: The Soul's Playlist**  
**The Storms of Life**  
Psalm 46

**Life's Troubled Sea**

Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging  
Psalm 46:2-3

Others went out on the sea in ships; they were merchants on the mighty waters. They saw the works of the Lord, his wonderful deeds in the deep. For he spoke and stirred up a tempest that lifted high the waves. They mounted up to the heavens and went down to the depths; in their peril their courage melted away. They reeled and staggered like drunken men; they were at their wits end  
Psalm 107:23-27

God is our refuge and strength, an ever-present help in trouble.  
Psalm 46:1

**Sometimes God Does Intervene**

God is within her, she will not fall; God will help her at break of day.  
Psalm 46:5

"In the name of Jesus....."  
Acts 3:6

**When God Puts Limitations**

Who shut up the sea behind doors when it burst forth from the womb, when I made the clouds its garment and wrapped it in thick darkness, when I fixed limits for it and set its doors and bars in place, when I said, 'This far you may come and no farther; here is where your proud waves halt'  
Job 38:8-11

The Lord said to Satan, "Very well, then, everything he has is in your hands, but on the man himself do not lay a finger."  
Job 1:12

**God's Greater Plan**

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.  
Romans 8:28

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.  
Genesis 50:20

**God's Glory and Power**

Come and see the works of the Lord, the desolations he has brought on the earth. He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire.  
Psalm 46:8-9

Then the Lord said to Moses, "Now you will see what I will do to Pharaoh: Because of my mighty hand he will let them go; because of my mighty hand he will drive them out of his country."  
Exodus 6:1

**God is a Fortress**

The Lord Almighty is with us; the God of Jacob is our fortress.  
Psalm 46:7

*A mighty fortress is our God, a bulwark never failing*  
Martin Luther

The name of the Lord is a strong tower; the righteous run to it and are safe.  
Proverbs 18:10

**Women's Plant & Paint**

**Social**

Looking for the perfect night out for all women? Join us for an evening of creativity, painting, and fun!

**Friday June 26** From 7:00 PM to 9:00 PM

Register to reserve your spot!

[chantal@gracechapel.ca](mailto:chantal@gracechapel.ca)

\$10/ per person



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