

# There is a River

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**Psalm 46:4** - There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

Throughout the course of the day, all of us need spiritual and mental **“LIFTS”** to combat the emotional strain.

**Doldrums:** A region of the globe found over the oceans near the equator, having weather characterized variously, by calm air, light winds, or squalls and thunderstorms. Hurricanes originate there.

☞ **THE RIVER OF GOD** will flow impurities out of your **MENTAL**, **EMOTIONAL** and **SPIRITUAL** thought patterns.

**Isaiah 43:18-19** - “Forget the former things; do not dwell on the past. <sup>19</sup> See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

☞ **THE RIVER OF GOD** will deliver the **POWER** you feel you’ve lost.

**Psalm 46:1-5** - God is our refuge and strength, an ever-present help in trouble. <sup>2</sup> Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, <sup>3</sup> though its waters roar and foam and the mountains quake with their surging. <sup>4</sup> There is a river whose streams make glad the city of God, the holy place where the Most High dwells. <sup>5</sup> God is within her, she will not fall; God will help her at break of day.

☞ **There’s REAL LIFE in THE RIVER OF GOD!**

**John 10:10** - The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full!

**Psalm 61:2-3** - From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I . . . !!! <sup>3</sup> For you have been my refuge, a strong tower against the foe.