God, you are for us a strength and a shelter.
in times of affliction,
you are found everywhere we look.

And so we won’t be afraid
at changes of the earth,

With you in its midst, it will not totter;
you change its darkness to dawn.

The Creator of the Heavenly Array is with us,
the Upholder of Jacob will keep us from harm.

Come and gaze at God’s works,
the one who has astounded the world with wonders,
who has brought all the earth’s wars to a halt.

Be calm and know that I am your Sustainer.

Adapted from Pamela Greenberg's translation of Psalm 46