

Psalm 46 – In God We Trust?

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. *Selah -Psalm 46:1-3*

1. Read v.1 and v.11 of the psalm. What two things about God are highlighted in both verses? What point is the author making sure to emphasise to us through this repetition and ‘book-ending’ of the psalm?
2. What does it mean for God to be our strength?
3. If God is “a very present help in trouble”, why does it sometimes feel like He is distant when we go through trials? How can we actually step into and experience God as the *present* help in trouble that He promises to be?
4. What things in your life do you deem most secure? What might you be tempted to trust as your refuge in trouble rather than God?

There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts. The LORD of hosts is with us; the God of Jacob is our fortress. *Selah -Psalm 46:4-7*

1. What has God promised in the middle of the chaos surrounding us?
2. How does the presence of God with us allow us to experience peace rather than fear as the nations rage around us? How can we walk in this peace? What gets in the way?

Come, behold the works of the LORD, how he has brought desolations on the earth. He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” The LORD of hosts is with us; the God of Jacob is our fortress. Selah -Psalm 46:8-11

1. How might we trust in/use our words and our platforms as weapons?
2. What is God commanding in v.10? How might God be calling us to “be still” today - to stop and turn from what we are doing and turn back to Him?
3. What does it mean for us to know God - His presence, power, protection, provision - deeply and in real community, not just in ‘Sunday snapshots’?