



1. Opening

Purpose for Digs and Prayer (1 min) Digs gather to study, pray, and apply the Word of God to our lives. Our hope is that we would increase in our love for God, love for one another, and tell others about Him (Matt 22:37-40; Matt 28:19-20).

Weekly Christian Formation (5 min)

Question 49* Where is Christ now?

Answer: Christ rose bodily from the grave on the third day after his death and is seated at the right hand of the Father, ruling his kingdom and interceding for us, until he returns to judge and renew the whole world.

Scripture Reference: Ephesians 1:20–21

What does this mean? How does it impact our lives?

Recap (5 min)

Recap the last time your Dig Group gathered. How did you apply God's Word over the last week(s)?

2. Bible Study June 21st (30-45 minutes)

*Read the passage aloud together.

*Pray for God's wisdom to rightly understand the passage.

Scripture Reference: Psalm 46

1. In Psalm 46, the psalmist describes chaotic situations—earthquakes, roaring seas, shaking mountains, raging nations. When have you faced a “mountain shaking” or “sea roaring” season in your life?

2. What does it practically look like for you to run to God as your refuge and fortress instead of trying to control or fix everything yourself?

3. What are some practical ways you can surround yourself with God's presence in daily life to help prepare you for when/if storms come?

4. Verse 10 says “Be still, and know that I am God.” Why can it be hard to “be still” when troubles come?

5. How has the Body of Christ helped you in the middle of the storm? How can we grow and do this better?

6. As we think about God being exalted among the nations and our ultimate fortress in times of trouble, what is one specific situation in your life right now where you need to trust that “The LORD of hosts is with us”? How can we encourage one another this week to keep our eyes on Him?

3. Confession and Prayer (30-45 minutes)

*Prayer: Reserve plenty of time to pray for one another.

*Prayer Challenge: Pray that God would provide opportunities for you to share Christ with people. Pray that you would make the most of every opportunity (Col 4:2-6).

**Weekly Christian Formation Questions are taken from the New City Catechism.

