

Life Group Guide: Psalm 46

Opening Prayer

Begin your group time by asking God to open hearts and minds to His Word, and to help each person apply these truths to their specific circumstances this week.

Icebreaker Question

What's something you had complete confidence in that later let you down or changed unexpectedly? (This could be anything from a car, a plan, your health, etc.)

Key Scripture

Psalm 46:1-11 (Read aloud together)

Main Idea

We can trust God as our refuge and strength because He is with us and He is sovereign over all things.

Discussion Questions

Part 1: God Is Our Refuge (Verses 1-3)

- The sermon mentioned that the psalm begins with a confession about God, not human confidence. Why is it important that verse 1 comes before verse 2? What difference does it make to say "God is our refuge" before saying "we will not fear"?
- The pastor defined God as:
 - Refuge (defensive - when we can't do anything)
 - Strength (dynamic - empowering the weak for action)
 - Very present help (ready to be found in every situation)
- Which of these three aspects of God do you need most right now? Why?
- Read verses 2-3 again. The imagery describes extreme instability - mountains moving, earth giving way. What are the "mountains" in your life that you thought were unmovable but have started to shake?
- The sermon stated: "Real Christianity is knowing that God is our refuge even when everything is not fine." How does this differ from toxic positivity or pretending everything is okay? Share a time when

you had to hold onto God while admitting things were not fine.

Part 2: God Is With His People (Verses 4-7)

- Notice the contrast between verses 2-3 (chaos) and verses 4-5 (peace and stability). What does this contrast teach us about what God provides for His people?
- Verse 5 says, "God is in the midst of her." The sermon emphasized that God's presence is His greatest gift to us, even more than heaven itself. Why is God's presence more valuable than His blessings?
- The sermon asked: "Where does your confidence lie day by day? Is it in the things you manage and control, or is it in Him?" Be honest with your group - where does your confidence actually rest most of the time?
- For the church: How does understanding that the church's strength comes from God (not our programs, budgets, or strategies) change how we approach ministry and church life?

Part 3: God Is Sovereign Over All Nations (Verses 8-11)

- Verse 8 invites us to "come, behold the works of the Lord." What evidence do you see in your own life, in history, or in current events that God is actively at work?
 - Verse 10 - "Be still and know that I am God" - is often used for personal devotions. But in context, it's God speaking to the nations. How does understanding this verse in its context (God commanding rebellious nations to stop) change or deepen its meaning for you personally?
 - The sermon stated that God will:
 - Judge the wicked
 - Quiet the nations
 - Be exalted among all nations
 - How does knowing God's ultimate plan for the world give you peace in present chaos?
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Key Takeaways

1. Our confidence must be in God alone, not in circumstances, things, or ourselves.
2. God doesn't just send resources; He gives Himself to His people.
3. God sustains us when creation trembles and steadies us when the world is unstable.
4. The greatest gift God offers is not heaven, but His presence with us.
5. God is sovereign over all nations, and one day every weapon of war will cease.

Practical Application

Personal Reflection Exercise

Take 5 minutes of silence for each person to complete this exercise:

Step 1: Name what you're most tempted to fear right now. Write it down. Don't minimize it or pretend it's not there.

Step 2: Write out this declaration: "God, I don't like [situation]. This concerns me. But You are my refuge, my strength, and my very present help in trouble."

Step 3: Commit to one specific action this week when anxiety rises:

- Pause
- Say to yourself: "Be still and know that I am God"
- Repeat as needed
- Run to Him in prayer

Group Sharing (Optional)

If comfortable, share what you wrote down and ask the group to pray for you.

This Week's Challenge

The "Be Still" Challenge:

This week, when something derails your plans or your emotions get out of control:

1. Stop what you're doing
2. Speak Psalm 46:10 aloud: "Be still and know that I am God"
3. Take it to God in honest prayer
4. Remember: God is breaking your self-confidence so you can have confidence in Him alone

Accountability: Text or call one person from your group when you practice this, and share how God met you in that moment.

Closing Discussion

Final Question: How would your life look different this week if you truly believed that God is your refuge, strength, and very present help in every situation?

Closing Prayer

Have someone close in prayer, or pray together:

"Lord of hosts, You are with us. God of Jacob, You are our fortress. Help us this week to run to You as our refuge, to rely on Your strength instead of our own, and to remember that You are our very present help in every trouble. When we are tempted to fear, remind us that You are sovereign over all things. Break our self-confidence so we can have confidence in You alone. In Jesus' name, Amen."

For Next Week

- Read Psalm 46 daily
- Journal about one time this week when you had to "be still" and trust God
- Memorize Psalm 46:1