

### **Psalm 46.1-11 English Standard Version (ESV)**

- 1 God is our refuge and strength,  
a very present help in trouble.
- 2 Therefore we will not fear though the earth gives way,  
though the mountains be moved into the heart of the sea,
- 3 though its waters roar and foam,  
though the mountains tremble at its swelling. *Selah*
- 4 There is a river whose streams make glad the city of God,  
the holy habitation of the Most High.
- 5 God is in the midst of her; she shall not be moved;  
God will help her when morning dawns.
- 6 The nations rage, the kingdoms totter;  
he utters his voice, the earth melts.
- 7 The Lord of hosts is with us;  
the God of Jacob is our fortress. *Selah*
- 8 Come, behold the works of the Lord,  
how he has brought desolations on the earth.
- 9 He makes wars cease to the end of the earth;  
he breaks the bow and shatters the spear;  
he burns the chariots with fire.
- 10 "Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!"
- 11 The Lord of hosts is with us;  
the God of Jacob is our fortress. *Selah*

### ***Discussion/Journal Questions***

How have you experienced the three mechanisms for dealing with feelings of inadequacy John mentioned (people-pleasing, fishing for complements, one-upping others)? In what other ways do feelings of inadequacy express themselves in people?

In the sermon, John said that the cure for feeling inadequate is not self-confidence but God confidence. How would you describe the difference between these two?

Read Psalm 46. How does the Psalmist express his confidence in God? What language does he use?

How would you rephrase Psalm 46 to fit this year's challenges?

Do you believe that God is always for you? Or do you struggle with this idea?

Read Hebrews 13:5-6. Share a story of how God has helped you in the past.

Read Philippians 1:6. What is an area of life where you see God at work in you? Where have you made progress over the last year? (If you struggle with this question, ask your group where they have seen growth in you.) What is an area that still needs work?

How can you group help you grow in these areas?

What are some next steps you need to take to keep growing?

**Who are you praying for to accept Jesus, and what specifically did you do this week to interact with them?**

**Who are you currently discipling, and what specifically did you do this week to help them know, love, and follow Jesus?**

**Who are you considering for future discipleship relationships, and what specifically did you do this week to interact with them?**