



## Bible study for the week starting June 21, 2026

### SHARE

When you think of the word refuge, what comes to mind? Where do you go for refuge?

**Summer in the Psalms:** Be sure to be reading through the Psalms this summer. This week is **Psalm 46-60**

### READ/STUDY/DISCUSS

1. Read **Psalm 46** What words resonate most with you today? Where do you see Jesus in this Psalm?  
“Ever present Help” How has God been your ever-present help?  
“Steady in Unsteadiness” What in your life is unsteady? What is sure?  
“Life in the Midst” What is in the middle of your fortress? Life...or destruction?  
“Witness of His power” What do you think about in refuge? What God has or hasn’t done?  
“Relax your Guard” Where can you relax and be vulnerable in your life?
2. Read **Luke 11:9-13** What are you asking the Lord of today? What does the Lord love to give whenever anyone asks? (Holy Spirit)
3. Read **Romans 8:31-39** Which promise in this verse is most comforting?
4. A Mighty Fortress is our God. This song written by Martin Luther is based on Psalm 46. Try and write another verse.... or a song to the themes and truths found in this Psalm

### PRAY

Pray that we would find our refuge and our strength from God and nowhere else. Lord, give us your spirit to create places of refuge from the world and its evil



## ROCK OF REFUGE

Psalm 46, Luke 11:9-13; Romans 8:31-39

June 21, 2026 – Pastor Ben Schrank

“HE restores my

soul.”

Psalm 23:3

“But the Lord has become my stronghold, and my God the rock of my REFUGE.”  
-Psalm 94:22

“Lead me to the ROCK that is higher than I.”

Psalm 61:2

“For you are my rock and my FORTRESS.”

Psalm 33:3

“We who have fled for refuge might have strong encouragement to hold fast to the hope set before us. We have this as a sure and steadfast anchor of the SOUL”  
6:18b-19a Hebrews

Be a House of Refuge:

- 1) Provide SAFETY.
- 2) Endure Long- SUFFERING.
- 3) Forgive and SACRIFICE .

“My flesh and my heart may fail, but God is the STRENGTH of my heart and my portion forever.”  
Psalm 73:26

“A mighty fortress is our GOD, a sword and shield victorious.”

PSALM 46:

Alamo- FALSETTO

Ever PRESENT help.

STEADY in unsteadiness.

LIFE is in the midst.

Witnesses of His POWER.

RELAX your guard.

“In the fear of the Lord one has strong CONFIDENCE, and his children will have a refuge.”  
Proverbs 14:26