

Psalm 46

Peace in the Storm

Introduction: Priming the pump for tonight's discussion.

- Let's begin with our own observations. Was there a moment where God spoke to you, showed you something new, or reminded you of a familiar truth through the message this week?

Exploration: Questions to guide our group discussion.

1. Life is hard and full of challenges. It seems like there is so much out in the world vying for our attention, what are some ways you've seen this play out in your own life? In what ways can you know God is present and near? Revisit verses 1 and 2a again.
2. Scripture time! Look up Isaiah 7:14. What does it say? Who is it referencing (hint: see Matthew 1:21-23) Scripture has plenty of examples of God with us. Read Matthew 28: 19-20. What does Jesus say about his presence for those who follow him? How does that make feel?
3. Be still and know... what does that look like in your life? What do you wish it would look like in your life? The scripture is referencing all nations to be in awe of God, this includes us. What are some examples in Jesus' life that he went to be alone to know his Father?
4. Application time: Sabbath means rest or delight. How do you rest? How do you delight in creation? One of the reasons it is important to take rest is to allow our souls to catch up to where our minds or physical bodies are. Do you take time to let your emotions catch up to you? Set aside some time this week for rest.

Additional Scriptures for Deeper Study:

- Genesis 2:1-3, Exodus 20:8-11
- Ezekiel 47:7-9, Revelation 22:1-2
- Read John 7:37-39