

## Calm During Chaos, Psalm 46.10

Notes and Sermon Discussion Questions April 5, 2020

Nate Elarton, Compelled Church

---

### Psalm 46.1-2 NASB

God is present in our chaos. We must take refuge in Him for calm.
---

#### 1. Go to God and you will not fear.

*“Some trust in chariots and some in horses, but we trust in the name of the LORD our God.”* (Psalm 20:7, NIV)

Your Trust may be someone else’s Triumph Psalm 46.10 *“Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”* (Psalm 46:10, NASB95)

We learn trust best when we have to trust Him.

#### 2. “Cease striving” Give up, Be still Psalm 46.10-11

**Your ability to really know God is in proportion to your desire to surrender.**

#### 3. His Reputation is connected to our Calm during this Chaos

Glorify Him in your life.

### Sermon Discussion Questions.

**Use these for continued study and family discussion**

1. Read Psalm 46 together, or alone, out loud.
2. What storms and chaos have you been in. How did God get you through?
3. Read Psalms 46.1, how do we make God our refuge (trust)? What does that look like?
4. Does Psalm 20.7 encourage you? Do you live this? How can you live this more?
5. Read Psalm 46.10. Does the definition of “give up, surrender, be still” speak to your heart?
6. Why do you think God said it this way? What does he know about his creation?
7. Why is it so hard for us to “be still”?
8. Why is it so hard for you to “be still”?
9. How can we make sure through Chaos Christ is glorified and his reputation is advanced?

Close in prayer

Prayer of gratefulness for the truths in this Psalm

Prayer that we can surrender the areas of life, people, or ourselves that we are trying to control.

Prayer for those suffering.

Prayer for the people of God to be the church without a building.