



## **GROUP GUIDE – PAUSE – Psalm 46 and Proverbs 3:5-6**

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### **KNOW GOD**

**ARRIVAL / CONNECTING and SNACK:** (15 minutes) Spend time catching up and socializing with one another. Follow up on prayer requests and any action steps from your last time together.

**SHORT OPENING PRAYER FOR YOUR TIME TOGETHER:** (2 minutes)

**SCRIPTURE and DISCUSSION:** (50-60 minutes) [*Note from pastor: Leaders, I suggest you add 10 minutes to your group discussion time this week. I believe you will get more out of it.*]

Open your Bibles and read **Psalm 46 and Proverbs 3:5-6 together**. With each Scripture passage, have a different person read slowly enough for everyone to enjoy, reflect quietly for a moment, then discuss the questions.

#### **Psalm 46:1-3**

- What does it mean that God is a refuge? How does finding shelter in God's presence protect us from the storms of life?
- What are some of the attributes of God that make him a good fortress in times of need? Give scripture that supports your answer.

#### **Psalm 46:4-6**

- How is God like a life-giving stream that runs through our life?
- Think over the past week and then share with the group some of the ways you have seen God help you with daily needs?

#### **Psalm 46:8-10**

- What are some of the victories you are looking for? One way to tell might be to identify your biggest adversary.

#### **Proverbs 3:5-6**

- What areas of your life are you most inclined to lean on your own understanding? What are the areas that you are quick to try to handle the difficulty on your own?
- How do you begin to acknowledge him in those areas?

#### **SURRENDER:** (15 minutes)

- How did you do at pausing this past week from the busyness? How can you build on that to continue to pause this week?
- What is one truth about God that you can set your mind on throughout the course of this week to help you see and believe that He is good?

**PRAYER:** (10 min) Pray for one another in light of what has been shared.