

Psalm 46 Study Guide Question

Opening Prayer: Begin your session with a prayer, asking God to guide your discussion and help everyone apply the lessons from Psalm 46 to their lives.

Key Takeaways:

1. We all face suffering and troubles in life, but God is our ever-present help.
2. God is described as our refuge and fortress, offering both comfort and protection.
3. The spiritual battle is real, but God is more powerful than any enemy we face.
4. We are called to "be still and know that I am God" - trusting Him instead of trying to control everything ourselves.

Discussion Questions:

1. What current challenges or "troubles" in your life can you relate to the imagery in Psalm 46 (e.g., earth giving way, mountains falling into the sea)?
2. The sermon mentioned God as our "ever-present help." How have you experienced God's presence during difficult times in your life?
3. Why do you think it's significant that God is described as both a "refuge" and a "fortress"? How do these images speak to different needs we might have?
4. The pastor emphasized the phrase "Lord of hosts" or "Lord Almighty" as referring to God's command of angel armies. How does this perspective impact your view of God's power and protection?
5. What does it mean to you practically to "be still and know that I am God"? What makes this challenging in our daily lives?
6. The sermon used the example of Moses and the Israelites at the Red Sea to illustrate trusting God in impossible situations. Can you share a time when you had to trust God despite not seeing a solution?
7. How can we balance "being still" and trusting God with taking action in our lives? Are there areas where you feel you might be "running ahead" of God?

Practical Applications:

1. This week, set aside 10 minutes each day to "be still" before God. Use this time to reflect on His character and release your worries to Him.

2. Identify one area of your life where you're trying to maintain control. Write down a prayer surrendering this to God and asking for His guidance.
3. Memorize a key verse from Psalm 46 (such as verse 1 or 10) to recall when facing difficulties.
4. Look for opportunities to share the hope you have in Christ with someone who might be struggling, as the sermon encouraged evangelism.

Closing Prayer: Close your session by praying for each other's specific needs and asking God to help everyone apply the truths from Psalm 46 in their daily lives.