



April 26, 2020

Psalm 46 - A Psalm of Confident Trust

Mark Mitchell

"Be still and know that I am God" Psalm 46:10

Read Psalm 46 together—Consider the meaning of “be still.”*to relax, cease striving, let your arms drop.*

1. Has “be still” been a hard concept for you? What have you learned about “being still” during COVID-19?
2. How does knowing who God is help us to be still? How can we know God more personally and intimately today?
3. What words throughout Psalm 46 remind us of God’s protection? Where do you naturally tend to run and hide?
4. Look at vv. 4-5. How does God’s presence help us to be still? How can we experience the joy and security of His presence today?
5. Look at vv. 8-9. Why does evidence of God’s power help us be still? Share an example of a God sighting you have seen recently.
6. What are the best assets you can have around you to “be still” during COVID-19?
7. How can your place of community (Community Group, Women’s Bible Study, Men’s Fraternity, MOPS) help you learn to “be still” together?