
July 12, 2020



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PSALM 46

WHAT DOES THIS PSALM TEACH US?

"God is our refuge and strength, an ever-present help in trouble.

*Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,
though its waters roar and foam and the mountains quake with their surging."*

PSALM 46:1-3 | NIV

GOD IS THE REASON WE NEED NOT **FEAR**.

"There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

God is within her, she will not fall; God will help her at break of day.

Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

The LORD Almighty is with us; the God of Jacob is our fortress."

PSALM 46:4-7 | NIV

GOD'S PRESENCE IS OUR **PEACE**.

"Come and see what the LORD has done, the desolations he has brought on the earth.

He makes wars cease to the ends of the earth.

He breaks the bow and shatters the spear; he burns the shields with fire."

PSALM 46:8-9 | NIV

REMEMBER GOD'S **MIGHTY WORKS**.

"He says, 'Be still, and know that I am God; I will be exalted among the nations,

I will be exalted in the earth.'"

PSALM 46:10 | NIV

IF YOU WANT TO **KNOW GOD**, YOU MUST LEARN TO **BE STILL**.

"Adam made love to his wife Eve, and she became pregnant and gave birth to Cain ..."

GENESIS 4:1a | NIV

HOW DO WE APPROPRIATE THIS IN OUR LIVES?

WE MUST LEARN TO **SABBATH**.

*"God saw all that he had made, and it was very good.
And there was evening, and there was morning—the sixth day."*

GENESIS 1:31 | NIV

"Thus the heavens and the earth were completed in all their vast array.

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.
Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."*

GENESIS 2:1-3 | NIV

WE MUST LEARN TO **SHUT**.

"Fools find no pleasure in understanding but delight in airing their own opinions."

PROVERBS 18:2 | NIV

"To answer before listening—that is folly and shame."

PROVERBS 18:13 | NIV

WE MUST LEARN TO **SIT**.

*"As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him.
She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all
the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me
to do the work by myself? Tell her to help me!'*

*'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but few things are needed—
or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'"*

LUKE 10:38-42 | NIV

SMALL GROUP QUESTIONS

- 1. What stood out to you from this week's sermon?**
- 2. God is the reason we need not fear if our world turns upside down. Can you remember a time when it felt like your life was falling apart? Share what that was like, and what role your faith played in that.**
- 3. Despite the chaos that the world brings, the people of God can have peace because of His presence. Are you currently experiencing this peace, or do you find yourself anxious quite often? Explain. What can you do to press into the peace of God?**
- 4. Stillness is an avenue that helps us deepen our relationship with God. What is stillness like in your life? Does it come naturally to you? Is it a challenge?**
- 5. Of the three elements of learning to be still that were mentioned in the sermon (Sabbath, Shut, and Sit), which resonated with you the most? Explain.**