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Sermon Outline

Inside Out: Exploring the Psalms

Song of Security

Psalm 46

May 20-21, 2018 Titus O'Bryant

God is our refuge.

I will not fear.

God is our river.

I will not fall.

God is our ruler.

I will be still.

Looking Back

Inside Out: Exploring the Psalms *Song of Security* Psalm 46

We long for safety and stability, but deep inside we are aware that no matter how secure we may feel in the moment our strength is limited and our grasp on security is temporary. There is one strong refuge that provides confidence. Let's go deeper together into that fortress.

Thinking It Through (agree/disagree/consider/contemplate)

"Neither natural nor national disaster can touch the refuge, the strength we have in God." ~ John Phillips

"A thirsty man does not sensibly lessen a river by quenching his thirst. Christ is like a river...A river is continually flowing, there are fresh supplies of water coming from the fountainhead continually, so that a man may live by it, and be supplied with water all his life." ~ Jonathan Edwards

*"Dear God,
I am so afraid to open my clenched fists!
Who will I be when I have nothing left to hold on to?
Who will I be when I stand before you with empty hands?
Please help me to gradually open my hands
and to discover that I am not what I own,
but what you want to give me."* ~ Henry Nouwen

Working It Out

1. Read Psalm 46, asking God to help you become still and aware of the great truth that He is God.
2. What are the ways this Psalm describes God and directs us to respond to truth about God?
3. Identify your anxious thoughts and feelings and situations that create uncertainty and instability within you. Ask God to release you and give you freedom from these and take some time to turn them over to God. Repeat this process as necessary.

Looking Ahead

Inside Out: Exploring the Psalms ***When in Winter*** *Psalm 13*

Like there are *seasons* to our yearly calendar, there are seasons of the soul. Sometimes, our souls are in a state of new beginnings (spring) or abundance (summer), but sometimes our souls are in a season of cold, harshness, and death; this is the season of winter. The Psalms express for us what's it like to walk with God in this difficult season. David's response in Psalm 13 is instructive for us as we strive to struggle well through wintry times. We find that God is at work in our lives in profound ways as we do so.

1. If you had to describe where your soul is today in terms of seasons, what season would you pick and why?
2. Read Psalm 13. What stands out to you?
3. Note the obvious difference in verses 1-4 and 5-6 in terms of David's mood and attitude. What do you think can account for this difference?
4. Why do you think Psalms like this are in the Bible? What might God want us to know (big picture) about times of "winter" in our lives, based on this?