### Psalm 46

### OPEN

Let’s each share your name and what is the biggest river you have ever seen?

### DIG

1. Overview. The Psalms contain all kinds of emotions. What would you say is the mood of this Psalm?
2. What do we learn about God from this Psalm?
3. What do we learn about Christian living from this Psalm?
4. Verse 1. What does it mean that God is our strength?
5. What is a refuge? Why do we need a refuge?
6. Verses 1, 2. Can you think of a specific (recent) time when following God has helped you to not be afraid?
7. Let’s get practical. How can following God calm our fear? How can we find the grace to live fearlessly when we are tempted to be afraid?
8. I draw your attention to the phrase, “ever-present help.” What does it mean that God is an ever-present help?
9. What are we to do if God does not feel ever-present? What are we to do if God feels far away?
10. Verse 10. What good things come to those who will be still?
11. Let’s think of the opposite… what bad things happen if we don’t ever get still?
12. How does this work out practically in your life? When was the last time you were still? What did that at look like? Where were you? What did you do?
13. Do you enjoy being still? What keeps you from being still?
14. Is it possible to think we heard from God when we did not, in fact, hear from God at all?
15. What keeps us from hearing God?