

"Be Still and Know That I Am God!"
(Psalm 46)

There are times in our lives when a calamity hits and we just didn't see it coming. Who would have imagined even a month ago, that the economy of our country and much of the world would come close to a halt as we battle a deadly virus? God has our attention! We look to His Word today and find a text that compels us to grab hold of three important truths that will equip us to not only survive this trial, but to thrive in His grace!

God's PROTECTION Gives Us **CONFIDENCE** (vv 1-3)

- (v 1) God is our REFUGE and STRENGTH, a very present **HELP**
- (v 2) Therefore we will not **FEAR**

God's PRESENCE Gives Us **JOY** (vv 4-7)

- (v 4) There is a **RIVER**, the streams... shall MAKE GLAD the city of God
- (v 7) The LORD of hosts is **WITH US**

God's POWER Gives Us **PEACE** (vv 8-11)

- (v 8) Come, **BEHOLD** the Works of the LORD
- (v 10) Be **STILL** and **KNOW** that I am God

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Small Group Discussion Guide

Icebreaker: Share some ways your life has changed in the last couple weeks. What are some changes you have enjoyed and changes you have not enjoyed?

1. Why are each of the three attributes of God in Psalm 46:1 so important?
2. Think of a time in the past when these truths (Ps 46:1) helped you through a time of fear or trouble. What did you learn from that experience?
3. How can we enjoy the benefits of the "river" of God's Holy Spirit running through us? (See Jn 7:37-39 along with Ps 46:4)
4. What are some practical ways that we can obey the exhortation to "Be still and know that I am God" (Ps 46:10)? What can you do this week to strengthen your relationship with God?

Small Group/Family Prayer Time

Discuss who you can encourage this week with a phone call, note or other ways to be a blessing. Include at least one person from our church family and one who may not know the Lord. **Pray for these people**, then follow through with this service for the Lord.

Digging Deeper

1. Let Psalm 46 get into your heart this week by reflecting on a small section of it each day.
 - Monday & Thursday – reflect upon Ps 46:1-3 and memorize verse 1
 - Tuesday & Friday – reflect upon Ps 46:4-7 and memorize verse 7
 - Wednesday & Saturday – reflect upon Ps 46:8-11 and memorize verse 10
2. Review some other great passages on overcoming fear such as Psalm 27:1-3; 56:3; 112:1, 7-8; and 2 Tim 1:7. For some fun with small children, teach them to sing Psalm 56:3 to the tune of "The Farmer in the Dell."
(Sing "What time I am afraid" 3x, then sing "I will trust in thee.")