

A banner with a warm, orange-to-red gradient background. In the center, a large circle with diagonal stripes contains the text "SUMMER in the PSALMS" in white. The background features a silhouette of a forest and a path leading through a field. There are decorative elements like horizontal lines, a grid of dots, and small 'x' and 'o' symbols.

SUMMER in the PSALMS

September 4, 2022

Our Refuge and Strength

Psalm 46

God is our refuge and strength.

- God still has the whole world in his hands.
- Psalm 46 was stripped from Jesus so that we can sing it forever.
- Without Jesus, we have everything to fear.
- Because of Jesus, we can be still.
- Stop trying to move the boulders in your life and start leaning on the rock—Jesus Christ.

Other Scripture: Proverbs 3:5-6; Psalm 118:8; Matthew 6:25; Romans 15:13; 8:28; Joshua 1:9; Mark 5:36; Isaiah 26:3

Further Study:

Read: Psalm 46 in your group or with at least one other person.

1. Have someone read it while everyone reads along.
2. Have someone else read it while everyone else listens.
3. Have someone recount the text from memory in their own words.

Discuss:

1. What does the passage reveal about God?
2. What does the passage reveal about humanity?

Act:

1. If this passage is from God, what should change about how you live?
2. Who needs to hear the truth of this Scripture that you can share it with this week? Identify a time this week when you might have the opportunity to share with them.