**GOD IS OUR REFUGE**

**Psalm 46:1-11**

***Sermon Review***

*What was the Main Point of the Sermon from Sunday?*

*What part of the Sermon did you find to be the most beneficial?*

***SMALL GROUP LESSON***

1. What comes to mind when you think of a fortress?

1. What makes you feel safe and secure?
2. What makes it so scary to experience a natural disaster such as a tornado, hurricane, or earthquake?

**Psalm 46:1-11 (NLT2)**
1  God is our refuge and strength, always ready to help in times of trouble.
2  So we will not fear when earthquakes come and the mountains crumble into the sea.
3  Let the oceans roar and foam. Let the mountains tremble as the waters surge! Interlude
4  A river brings joy to the city of our God, the sacred home of the Most High.
5  God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it.
6  The nations are in chaos, and their kingdoms crumble! God’s voice thunders, and the earth melts!
7  The LORD of Heaven’s Armies is here among us; the God of Israel is our fortress. Interlude
8  Come, see the glorious works of the LORD: See how he brings destruction upon the world.
9  He causes wars to end throughout the earth. He breaks the bow and snaps the spear; he burns the shields with fire.
10  “Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”
11  The LORD of Heaven’s Armies is here among us; the God of Israel is our fortress. Interlude

***EXPLORE***

* 1. What imagery did the psalm writer use to describe the threats God’s people face? ([46:1-3](http://www.crossbooks.com/verse.asp?ref=Ps+46%3A1-3))
	2. How will the city of God be protected? ([46:4-6](http://www.crossbooks.com/verse.asp?ref=Ps+46%3A4-6))
	3. How do the people of God respond to His deliverance? ([46:7](http://www.crossbooks.com/verse.asp?ref=Ps+46%3A7))

* 1. What benefits do God’s people enjoy? ([46:8-10](http://www.crossbooks.com/verse.asp?ref=Ps+46%3A8-10))
	2. What specific instruction does the Lord give to His people? ([46:10](http://www.crossbooks.com/verse.asp?ref=Ps+46%3A10))
	3. What comforting promise concludes this psalm? ([46:11](http://www.crossbooks.com/verse.asp?ref=Ps+46%3A11))

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***APPLY***

1. How are the promises in this psalm meaningful to you?

1. What does this psalm teach us about God’s power over the nations and governments of the earth?
2. How should we handle our fears?
3. What does it mean to "Be still, and know that I am God"?
4. How can we practice being still before the Lord?
5. How do you feel the Lord’s presence in your life?

**Additional Thoughts:**

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