

A MIGHTY FORTRESS

PSALM 46

7/11/24

I. GOD'S PROTECTION

Psalm 46:1-3 – “God is our refuge and strength, a very present help in trouble. ²Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, ³though its waters roar and foam, though the mountains tremble at its swelling.” Selah

A. Truth – God is our refuge, strength, and present help

B. Reality – We will not fear

II. GOD'S PRESENCE

Psalm 46:4-7 – “There is a river whose streams make glad the city of God, the holy habitation of the Most High. ⁵God is in the midst of her; she shall not be moved; God will help her when morning dawns. ⁶The nations rage, the kingdoms totter; he utters his voice, the earth melts. ⁷The Lord of hosts is with us; the God of Jacob is our fortress.” Selah

A. God's presence brings comfort and security

III. GOD'S POWER

Psalm 46:8-9 – “Come, behold the works of the Lord, how he has brought desolations on the earth. ⁹He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire.”

A. God is powerful to bring Peace

B. God's work = His power

C. Recounting God's work points to His care, His provision, and His love

IV. OUR POSTURE

Psalm 46:10 – “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

A. Wisdom of the Psalm = Be Still

B. Our knowledge of God motivates our stillness

COMMUNITY GROUP DISCUSSION QUESTIONS

1. What did you think about the message this week? What stood out to you or challenged your thinking?
2. Is there a time in your life when the Lord was your fortress and strength? Or maybe a time when He delivered you from a fear you had? Share with the group.
3. The Psalmist talks about God's comforting presence...What are some ways that we draw close to God today? How does Satan try to distract us from this?
4. Why is it difficult for us to "Be Still" as Christians? In what areas of our lives do we need to "Be still"?
5. The opposite of being still would be to work to fix our problems. What does not being still communicate about our view of God?
6. The Psalmist equates our ability to "Be Still" to our knowledge of God. What are some attributes of God that have been especially meaningful to you in hard days?
7. Why do you think it is so easy for us to lose sight of God when calamity strikes our lives? How can a Community Group help us to be still in the midst of trials?

PRAYING THIS PSALM

- I praise you God that you are a refuge and strength for me in hardship
- I praise you God that you are "Very present" in my life
- Help me to grow in the wisdom of "Being Still" and trusting you fully, God!
- Help me not to lean on my own understanding of things
- Remind me who you are (all powerful God) and who I am (Weak fallible human) so I can trust you more!