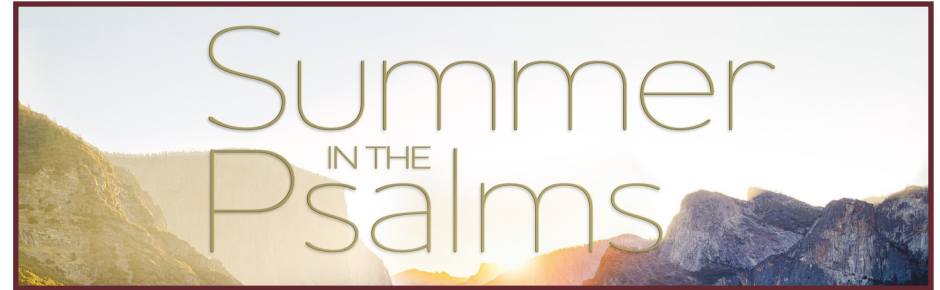


Reflection Questions: What are the things that cause me to fear? How does *Psalm 46* help me with this? What is my default shelter for life's storms? How can I better take refuge in God? Do I truly believe that God is with me? What promises am I claiming from this psalm?

How can we pray for one another and our church this week?



Psalm 46

Sermon
Notes

July 11, 2021

Quotes to Ponder

Our pain is real, but God's presence is just as real.

David Jeremiah

With God the waters are no longer menacing seas but a life-giving river.

Derek Kidner

Everything that has seemed most dependable has given way. Mountains are falling, earth is reeling. In such a time it is a profound comfort to know that although all things seem to be shaken, one thing is not: God is not shaken.

Elisabeth Elliot

No real harm can befall the child of God walking in the path of duty.

William Plumer

An untroubled heart can triumph over troubles based on three firm convictions: The Lord is on our side, by our side, and gives us peace inside.

Lloyd Ogilvie

We may be as timid by nature as the coneys, but God is our refuge; we are as weak by nature as bruised reeds, but God is our strength.

Charles Spurgeon

Give yourself time to know God. Respond to what you know. Review what He has done and relate Him to your stresses—and see His peace reign in your heart.

Stuart Briscoe

None of us know what lies in store for us in our troubled world. Injury or disease may strike. Or we may enjoy good health and prosperity until God calls us home. But no matter what, we have one certainty—God is our ultimate safety in time of danger. He is with us, and He is a sure refuge.

Herb Vander Lugt

1. God's Shelter (1-3)

2. God's Salvation (4-7)

3. God's Sovereignty (8-11)

1. What in the text/sermon impacted you most? Encouraged you? Convicted you? Challenged you? Confused you? Comforted you?

2. Read *2 Kings 18-19* to understand what likely inspired *Psalm 46*.

3. What does *Psalm 46:1* tell us about God?

What does it mean that He is our *refuge and strength*?

How is God a *very present help in trouble*?

4. What do the following verses say about God being our refuge, strength, and help and how does this help us with our fears?

1 Samuel 30:6 —

Proverbs 18:10 —

Psalm 18:2-3 —

Isaiah 40:28-31 —

Psalm 34:17-19 —

Romans 8:38-39 —

Psalm 61:3 —

2 Timothy 1:7 —

Psalm 62:6-8 —

Hebrews 13:5-6 —

Psalm 73:25-26 —

5. If we find refuge in God, what is the result (*Psalm 46:2*)?

6. How should we do in response to God's justice and sovereignty?

7. Why is *Psalm 46:7* repeated in *verse 11*?

8. What is significant about *the Lord of hosts is with us (Psalm 46:7, 11)*?

9. Why is God called *the God of Jacob (Psalm 46:7, 11)*?

10. The psalmist tells us to *behold the works of the Lord (Psalm 46:8)*. What works does this make you remember, in history and in your own life?

11. In what ways is God not only our *refuge and stronghold* but also our *strength* for living in difficult days?

12. What does it look like when we truly believe that God rules over His creation and is sufficient for our every need?

13. In what ways does Martin Luther's hymn, *A Mighty Fortress is Our God*, draw from *Psalm 46*?