

Summer Psalms

Wisdom under pressure - Psalm 46

1. What makes you feel anxious and afraid?
2. Verses 1-3 hold out the promise that we need not be afraid even when the world is falling apart because God is our refuge. How do you respond when you feel anxious and afraid? Do you pray to God for help or generally look to other things?
3. Verses 4-7 describe our secure home with the Lord. How often do you think about our secure heavenly home when you are anxious? Read Revelation 21:1-8 to remind yourself. How could we encourage one another with this truth more?
4. We experience God's refreshing and help by his Holy Spirit while we wait for our heavenly home (John 7:37-39). Have you ever prayed to God about your anxieties and experienced his help to feel more secure and joyful?
5. Verses 8-11 show us that God will bring peace by defeating everything that stands against him. So, we should stop living self-sufficient lives ("be still") and recognise that He is God ("know that I am God"). What would it look like to bring your fears and anxieties to God and depend on him to keep you safe?