
SHARING

Hymns (What we're praising God for):

Lessons (What God is teaching us):

Requests (What we're asking God to do):

REFLECTION QUESTIONS

Read the passage (Psalm 46) and answer the following questions:

1. What stands out most and why?
2. What does the passage reveal to us about God?
3. What does the passage reveal to us about ourselves?
4. What are the immediate application points?

DEEPER DISCUSSION

1. On Sunday Don Lough taught from Ps. 46 about fear. What are some fears that you've faced in your life?
2. Verse 1 identifies God as our refuge and strength. What do you think when you hear those words?
3. Verses 2 and 3 describe a measure of uncertainty and instability. Don used an illustration where he wondered how much more bad news he could take in one day. Have you ever felt that way, like you're in a state of "freefall"?
4. God identifies himself as a "present" help in trouble. How does God's presence bring comfort?
5. The psalmist renews his hope by considering the works that God has done. Why does looking back at God's previous work help to renew our hope? What are some of the things he's done in your life that give you confidence in Him?
6. Don shared that "be still" is also translated "take your hands off." Why is it so hard for us to take our hands off and know that He is God?