

A PSALM FOR ALL YOUR TROUBLES

PSALM 46:1-11

CHURCH GROUP SERMON DISCUSSION GUIDE – SEPTEMBER 4, 2022

SCRIPTURE READING

Psalm 46:1-11 ESV

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

4 There is a river whose streams make glad the city of God, the holy habitation of the Most High.

5 God is in the midst of her; she shall not be moved; God will help her when morning dawns. 6 The nations rage, the kingdoms totter; he utters his voice, the earth melts. 7 The Lord of hosts is with us; the God of Jacob is our fortress. Selah

8 Come, behold the works of the Lord, how he has brought desolations on the earth. 9 He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. 10 “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” 11 The Lord of hosts is with us; the God of Jacob is our fortress. Selah

SERMON RECAP

A Psalm for Everything REVIEW from past weeks in this sermon series:

- Psalm 1: Delighting in God’s Word is the best way to live.
- Psalm 127: The blessing and joy of children.
- Psalm 131: How to quiet our busy souls.
- Psalm 96: A call for us to worship our True King.
- Psalm 76: How to grow through a crisis of faith.

Three Encouragements in Applying Psalm 46 To Our Troubles

1. God is greater than any trouble you will face, and is with you as your helper, your refuge, and your strength.
 - o He satisfies fully.
 - o He secures daily.
 - o He speaks powerfully.
2. In the midst of your troubles, God promises to satisfy you, secure you, and speak His perfect purposes into being.
3. You can find hope in your trouble because God has guaranteed the end.

DISCUSSION QUESTIONS

What does the passage say?

1. Read Psalm 46:1-11 aloud as a group and take some time to let group members share observations about the passage. Try not to move into interpretation of the passage or application of what you have read quite yet. Simply share what you all observe.
 - What do you hear about God in verses 1-3?
 - What do you see about God in verses 4-7?

What does the passage mean?

1. God is our refuge and strength. (Ps. 46:1-3)
 - What troubles are mentioned in this passage and how are they impacted by God's sovereignty?
 - Why shouldn't we fear these and other troubles? (see Isa. 41:10)
2. God is our streaming source of joy. (Ps. 46:4-7)
 - Sometimes in Scripture a river is used as a metaphor for the blessing of God's presence. (See Psalm 1 Revelation 22:1-3) What might the Psalmist be trying to communicate in verse 4?
 - How is God present amidst a troubled world?
 - How can God use troubles to speak His perfect purposes into being?
3. God is and will be glorified. (Ps. 46:8-11)
 - How does history (His Story) show that God is completely worthy of your trust?
 - Why can you have hope and peace, even while you endure troubles? (see Jn. 16:33)

APPLICATION QUESTIONS

How can we apply this passage to our lives?

1. What troubles do you face right now?
 - How does having a relationship with God strengthen you?
 - How are you aware of God's presence in your life right now?
 - How can you praise God amidst your current troubles?
2. Why can you rely on God?
 - How does God satisfy you fully and provide you complete security? See Ps 63:5,7 and Prov 18:10.
 - God is our firm foundation. How does this encourage you even during troubles? (Ps 46:5)
 - How does this passage show us that God speaks powerfully? (Ps 46:6)
 - How does the fact that "God has guaranteed the end" strengthen us during current trouble? (Ps 46:10, Rev 19:11-16)
3. What actions do you need to take so God can be more glorified in your times of trouble?
 - Where can you acknowledge how have you seen God work in your life up to this point?
 - Where do you need to "be still" so God can take over and work in and through you?
 - Where do you need to pray for God to deepen your trust in Him?
4. How can our Church Group lock arms with you in your troubles?
 - What help do you need in your current troubles?
 - What specific prayer support do you need?
 - What physical, or other support do you need?

LEADER NOTES

- **WEEKLY PRAYER FOCUS:** Please continue to lead your Church Groups to pray for the [Global Outreach Weekly Prayer Focus](#). See the full 2022 Global Outreach Prayer Guide [HERE](#).