

## **Bible Study: Psalms 46**

This Psalm speaks of security in the middle of chaos - the world around us falling apart and being shaken. The Psalms is different from most books of the Bible in that it uses descriptive language (words that paint a picture) to communicate truth. The challenge is to see the truth in that word picture and apply it to our situation.

We encourage you to gather your family together, read through the entire chapter together, then work through the discussion questions. The questions are just launching points to help get discussions started. Encourage everyone to participate in the reading and discussions.

### **Read Psalms 46**

For the director of music. Of the Sons of Korah. According to *alamoth*.

A song.

1 God is our refuge and strength, an ever-present help in trouble.

2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

3 though its waters roar and foam and the mountains quake with their surging.

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

5 God is within her, she will not fall; God will help her at break of day.

6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

7 The Lord Almighty is with us; the God of Jacob is our fortress.

8 Come and see what the Lord has done, the desolations he has brought on the earth.

9 He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.

10 He says, "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 Almighty is with us; the God of Jacob is our fortress.

## **Discuss Psalms 46**

- 1.** In verses 1-3 What three things does God give us in times of trouble?
- 2.** What is the picture given in verses 2-3?
- 3.** Have you faced trouble in such a way that it seemed your whole world was crumbling around you? Please share
- 4.** How hard is it to remember vs 1 when in the middle of verses 2-3?
- 5.** What can we do to hold on to the truth about God when you are in the middle of difficulty?
- 6.** Verse 4-5 talks about gladness that comes from a river. What are some of the things a river brings and what is this river?
- 7.** What keeps the city from falling and how does that relate to our life?
- 8.** Read 6-9. What picture is the psalmist communicating to us?
- 9.** What does it mean to be still and know I am God?
- 10.** What lessons can we take from this Psalm that will help us today?