

God Is Our Safe Place



MEMORY VERSE: "God is our refuge and strength, always ready to help in times of trouble." Psalm 46:1



PSALM 46:1-6 God Is Our Refuge and Fortress

1. How is God described in verse 1? How is the world described in verse 6a?
2. What does it mean to find our refuge and strength in God? Why do you think God wants you to bring your fears and troubles to Him?
3. Read verses 4-5. How is the city of God (God's people) described? (Compared to the way the way the world was described in vv 2-3.)



PSALM 46:7-9 God Is Our Warrior

4. Read verse 7. Sometimes we need a warrior to lead us in our battles. How is Jesus your warrior?
5. Verses 8-9 describes God's work in this world to bring down everything that opposes His kingdom (evil). Why is this side of God necessary?
6. This side of God is harder to understand but David calls it "glorious" (good). Why do you think that is?



PSALM 46:10-11 Be Still with God

7. How do verses 10-11 tell us the battle will end? Who will be victorious?

8. What do you think it means to “Be still and know that I am God?”

9. Why do you think verse 7 is repeated in verse 11? How does this verse affect the way you view your life today?

BELIEVE THE TRUTH

This Psalm tells us that when we are still we can know that God is almighty, that God is with us, that God is our refuge and our fortress, and that God is fighting for us. God wages war against the evil of this world and He will be victorious. Praise God for the promise to be our fortress! In stillness we can know that God is with us even though it might not feel that way.

PRAY THE TRUTH

Dear God, thank You for being a sure and safe place of security and strength. Guide me to Your presence and promises when I am fearful or overwhelmed. Help me to be still and know that You are God this week. Amen.

WALK IN TRUTH



Set aside just a few minutes every day to truly “be still” before God.

Were you more aware of God or notice a difference when you did this?



Psalm 46 (NLT)

For the choir director: A song of the descendants of Korah,
to be sung by soprano voices.

- 1 God is our refuge and strength,
always ready to help in times of trouble.
- 2 So we will not fear when earthquakes come
and the mountains crumble into the sea.
- 3 Let the oceans roar and foam.
Let the mountains tremble as the waters surge!
- 4 A river brings joy to the city of our God,
the sacred home of the Most High.
- 5 God dwells in that city; it cannot be destroyed.
From the very break of day, God will protect it.
- 6 The nations are in chaos,
and their kingdoms crumble!
God's voice thunders,
and the earth melts!
- 7 The Lord of Heaven's Armies is here among us;
the God of Israel is our fortress.
- 8 Come, see the glorious works of the Lord:
See how He brings destruction upon the world.
- 9 He causes wars to end throughout the earth.
He breaks the bow and snaps the spear;
He burns the shields with fire.
- 10 "Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world."
- 11 The Lord of Heaven's Armies is here among us;
the God of Israel is our fortress.

Refuge: safe place, retreat, the place we go when we are afraid.

Fortress: Ancient cities protected their citizens by building large surrounding walls, which created a fortress that kept chaos out. The walls' constant presence in people's lives created a safe atmosphere where communities could thrive.

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