

God Is Our Refuge



MEMORY VERSE: “Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.” Psalm 46:10

“We sing this Psalm to the praise of God, because God is with us, and powerfully and miraculously preserves and defends His church and His word, against all fanatical spirits, against the gates of hell, against the implacable hatred of the devil, and against all the assaults of the world, the flesh and sin.” Martin Luther

DAY 1 PSALM 46:1-3,6—God Is Our Refuge

1. What can we assume life was like when the author wrote this?
2. What do you learn about God from these verses?
3. God has complete and absolute control over everything. Do you have any questions or doubts about this? Explain.
4. Where do you run for refuge with your fears and troubles? What truths do you turn to?

DAY 2 PSALM 46:4-5—God Dwells in the City

5. The author talks about the city of God and how it cannot be destroyed because He is in it and protects it. This city of God is the dwelling of God and every believer is the home of the Holy Spirit of God. What do you learn from:
Ephesians 1:13-14

Romans 8:11

6. What does God's presence within you guarantee?

7. When you are under attack, what do you think God is doing?

DAY 3 PSALM 46:7-11 — God is Present

8. What do verses 7 and 11 tell us?

9. What does the Commander of the army of His people and the armies of heaven do in verses 8-9?

10. Since God, the Lord of Heaven's Armies, is among us, is there any kind of situation that is outside of God's power to intervene? Why?

11. God is a warrior and sometimes we need a warrior to lead us in our battles and comfort us through our pain. How is Jesus your warrior?

DAY 4 PSALM 46:10 — Be Still

12. Verse 10 can have different interpretations. It can be commands to not panic and to recognize His sovereignty. It can be that we should stop arguing and opposing Him and recognize His glory and greatness. When you meditate on this verse what does God inspire in you?

13. How does remembering who God is - really is - help when you take your fears and worries to Him?

14. What do you think is the relationship between listening to God's voice and recognizing His work in your life?

15. What does Romans 14:11 tell us?

DAY 5 PSALM 46—Wrap Up

16. From this psalm, what help does God offer us in all circumstances?

17. How can you have peace in your life when so much in your life is unsettled?
How can you have peace in your life when so much in the world is unsettled?

TAKE AWAY

Set aside just a few minutes every day to “be still” before God.
Find a worship song that really speaks to you and listen to it in God's presence.

BLESSING

“The Lord of Heaven's Armies is here among us; the God of Israel is our fortress.”
Psalm 46:11

God Is Our Refuge

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.

