

**Be Still and know that I am God.
Psalm 46**

Warm Up

What was your favourite playground game as a child? 'Tag', 'It', 'Statues', 'Kiss Chase'? Or did you prefer playing sport? Which of you, as a child, enjoyed just sitting quietly reading or drawing?

Background and context

Psalm 46 is a song that describes how to live calmly in world of turmoil. It has three verses (1-3, 4-6, 8-10) and a chorus. (v7,v11). It is about fearless faith, where to find it and how to receive it. The psalm is particularly poignant for us today as our world is in turmoil. Wars, the threat of wars earthquakes and floods have filled our newspapers and TV. These are challenging times to live. The message of the Psalm is very clear. If we are to pass through these troubles and experience peace we must be still and know God. But what does knowing God mean? The psalm gives us clues as well. God is personal, all powerful, a protector and a promise keeper. Understanding this will deepen our faith and carry us through this troubled world.

Thinking it through: Main discussion/activity



READ Psalm 46. What are the surprising things in the passage? What is new? What don't you really understand?

1. **Read v1-3.** Which of us could honestly say we would be fearless in the face of an earthquake, flood or tsunami? Why does the psalmist think it is possible?
2. **Read v4-6.** Many think this speaks of Jerusalem. Why might this be incorrect? If it is not Jerusalem, where or what is it? What clues does the text give us?
3. If the Kingdom of God, with Christ as King, will not fall or end, how can this help us be fearless in our faith?
5. **Read v7,11.** What encouragements are we intended to take from the chorus?
6. **Read v 8-10.** What two things are we to do? What is the difference between God's role and ours?
7. Why should v 8-10 fill us with hope? What does the future hold for those who are 'still' and 'know God'?
8. From this Psalm what do we learn about the character and nature of the Lord God?
9. Why do we need to be still to discover God more fully?

Discipleship and Application



10. How can you use this psalm to encourage someone who is going through a tough period in their life or fearful of the future?



Try to leave 15-20 mins to talk about prayer needs of the group and to pray.

There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.