



Key Points :

- Psalm 46 is written in the context of Jerusalem about to be under attack from the Assyrian army - 185000 well trained, brutal soldiers. They were notoriously cruel and let the surrounding nations know how they treated prisoners.
- God is **always ready** (v1) to help, and He is our **ever present help** (v1) in times of trouble. The Hebrew for ever present help is Nimsa Meod - God overflows with his exceedingly abundant protection, provision and strength.
- **Our God is exactly what you need, when you need Him. He is big enough to oversee the whole world. and he's loving enough to care about you.**
- In the midst of our troubles, God invites us to come close (v8) and to **Be Still** - which is the hardest thing to do when you feel under attack, but the way in which we **know God** and experience His goodness (v10).
- Find out what happens to Jerusalem in 2 Kings 19.

Questions:

Conversation Starter

1. Do you like to be still, or would you rather always be on the move?

Start Thinking & Sharing

2. This is the good news no one's reporting: God is our peace, comforter, provider, righteousness, strength, hope, and light. Which of those qualities means the most to you right now? Why?
3. Read Psalm 46:10. How would your life be different if you were still and just experienced God more often?
4. What troubles are you facing right now?
5. How can you slow down and quiet your soul so you can better connect with God this week?

Start praying. Be bold, and pray specifically.

6. Father, thank You that, when the world seems loud, chaotic, and out of control, we can find rest and refuge with You. Help us to slow down and trust that You alone are God, and You are in control of everything that's happening around us. In Jesus' name, amen.

Start doing. Commit to a step, and live it out this week.

7. Set aside some time to be still and experience God this week