



Psalm 46:1-2 – God as Refuge and Strength

"God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth gives way, though the mountains be moved into the heart of the sea."

Questions:

1. What does it mean for God to be a "refuge" and "strength" in both physical and spiritual terms?
2. How does the promise of God being a "very present help" differ from simply knowing He is powerful?
3. What kinds of "troubles" might this passage be referring to, both personally and collectively (as a nation or church)?
4. Why is "fearlessness" the natural response when believers understand God's presence?
5. How can you apply these verses in times of crisis, uncertainty, or personal struggle?

Psalm 46:3-4 – God's Presence Brings Peace

"Though its waters roar and foam, though the mountains tremble at its swelling. There is a river whose streams make glad the city of God, the holy habitation of the Most High."

Questions:

1. The imagery of roaring waters and trembling mountains reflects chaos—what modern examples might mirror this picture of instability?
2. How is the contrast between raging waters and the peaceful river significant in describing God's presence?
3. What does "the city of God" represent here, and how does it apply to believers today?
4. How does God's presence bring gladness and stability even when external circumstances feel overwhelming?
5. In your life, where do you see God bringing calmness and joy amid chaos?

Psalm 46:5-6 – God's Sovereignty Over Nations and the Earth

"God is in the midst of her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts."

Questions:

1. What reassurance is given by the phrase "God is in the midst of her; she shall not be moved"?
2. How does this verse highlight God's sustaining power for His people when nations and kingdoms fail?
3. What significance does "help when morning dawns" have, especially in relation to God's timing and deliverance?
4. What does verse 6 teach us about God's supreme authority over all earthly powers?
5. How can these verses strengthen our faith when we see unrest, wars, or instability in the world today?