



SMALL GROUP GUIDE

Psalms of the Summer | Psalms 46

Key Takeaways:

1. God is our refuge and strength, providing unshakeable courage.
2. God's presence gives us unconditional joy, even in difficult circumstances.
3. Knowing God is in control allows us to experience unexplainable peace.

Discussion Questions:

1. Pastor Nick mentions that we are born with fears. What are some fears you struggle with, and how does the message of Psalm 46 address those fears?
2. Reflect on verse 1: "God is our refuge and strength, an ever-present help in trouble." Share a time when you experienced God as your refuge during a difficult situation.
3. The Psalm talks about not fearing even when the earth gives way. How can we cultivate this level of trust in God when facing major life upheavals?
4. Discuss the imagery of the river in verse 4. How does the idea of God's presence bringing gladness resonate with your own spiritual experience?
5. The sermon connects this Psalm to the gospel, with Jesus as our "Emmanuel - God with us." How does knowing Jesus enhance your understanding of God's presence in your life?
6. The sermon mentions surrendering to God's sovereignty. What areas of your life do you find most challenging to surrender to God's control?

Practical Applications:

1. Identify Fears: Write down your top three fears. Next to each fear, write a truth from Psalm 46 that counters that fear.
2. Gratitude Journal: Each day, write down one way you've experienced God as your "refuge and strength."
3. Community Support: Share with the group one area where you need God's peace or strength. Commit to praying for each other in these areas throughout the week.
4. Memorization: Choose a verse from Psalm 46 to memorize this week. Share it with the group next time you meet.