*Ask for God’s Spirit to give you understanding of His Word, eyes to see who He is, conviction and discernment to know how this applies to your life, freedom to speak with humility and honesty before others, as well as love to listen graciously to others. Then read through the passage together before talking through the questions below. Leave time at the end for sharing more specifically how you might need prayer in light of what you discussed, as well as ways you can respond this week.*

**DISCUSSION 1: REVIEW OF PSALM 32**

1. What do you know about the meaning and significance of “blessed” in Psalm 32?
2. In Romans 3:21-26; 4:1-8, we see the answer to how sin can be forgiven. What did Jesus do to make Psalm 32:1-2 possible and how do we receive the gifts of forgiveness and cleansing?
3. Why is Psalm 32:3-4 a fitting description of what happens when we don’t confess and repent of our sin? When you’ve had times where you knew you needed to confess sin to God but did not, what did you feel or experience?
4. Why should we not be stuck in confession, but let it lead to thanksgiving and praise (32:6-11) for the forgiveness, cleansing, and restoration we have in the gospel?
5. What might it look like to have a regular practice of gospel-rooted confession to God?

**DISCUSSION 2: GOD AS OUR REFUGE**

1. What kinds of troubles does the psalmist invoke in verses 1-3? How does this imagery relate to our own lives?
2. Where does the psalmist’s confidence come from?
3. Compare Psalm 46:4-5 with John 7:37-39 and Romans 8:9-17. How does the living water of the Holy Spirit dwelling within us make us secure?
4. Where do you tend to look first to find refuge when life feels chaotic or unsteady?
5. What does it look like to take refuge in the Lord? How can you do this in your own life?

**DISCUSSION 3: GOD AS OUR DEFENDER**

1. How is God’s power on behalf of His people described in this psalm?
2. Compare Psalm 2 with Psalm 46:6-11. What are the earthly and the eternal implications of these two psalms?
3. Read Romans 12:14-21. What do these verses say about our role and about God’s role in navigating conflict in light of Psalm 46?
4. What are some of the ways or specific instances that God has defended and saved you in your own life?
5. How does Psalm 46 point to the Gospel?

**ADDITIONAL RESOURCES:**

* Extra Scriptural references: Psalm 31, 91, 121; Isaiah 40:9-31; 1 Corinthians 15:50-57
* [“When the Ground Gives Way”](https://www.desiringgod.org/articles/when-the-ground-gives-way)—an article by Marshall Segal with Desiring God
* [“Battling the Unbelief of Anxiety”](https://www.thegospelcoalition.org/blogs/justin-taylor/battling-the-unbelief-of-anxiety/)—Scriptural resources on specific sources of anxiety
* [“Psalm 46 (Lord of Hosts)”](https://open.spotify.com/track/6obkbpih6pYSgjPyoI75Xp?si=4ddd652110994063)—a song by Shane and Shane
* [“Psalm 46 – God Is Our Fortress”](https://open.spotify.com/episode/4Al3YZbsQd5mDXlTXfIKCf?si=2432463fcd4c4466)—an audio devotional by Dane C. Ortlund

**NOTES OR PRAYER REQUESTS**