



September 13, 2020

“When Life Falls Apart”

Psalm 46

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Read **Psalm 46** out loud together as a group. Read it a second time slowly to yourself.

**Discuss the statements that stand out in your mind and heart.**

- **What is communicated about our God?**
- **What is communicated about us?**

**Psalm 46** is an exhilarating song of confidence in our God. It was in response to this Psalm (song) that Martin Luther wrote the hymn “A Mighty Fortress Is Our God”. In **Psalm 46:1-3**, we are told that “**God is our refuge and strength**”. A refuge is a shelter that provides protection during a storm or a war. The language used in **verses 2-3** point to a natural disaster that shakes and destroys the very foundations of life. This psalm expresses that even in disaster, when the foundations of life are wiped away, we do not fear. God is with us, and His empowering presence (strength) will carry us through the darkest of hours. He is our “**ever-present help**”. This phrase translates the Hebrew which expresses that God is abundantly present as our help in all our troubles. He is everywhere, always present (**vv 7,11**) and helping us. Help does not just refer to needed aid, it means “God does for us what we can’t do for ourselves.” When life is crashing down on us, He protects, strengthens, and saves us. This truth comforts our worried minds, our unsettled hearts and our weak knees. For when the very foundation of our life on earth is shaken, we do not fear, for God, our true foundation, is ever-present, supplying protection, sustaining power, and our eternal salvation.

**Are you confident of God’s protection, empowering presence and help in your life? Why? Why not?**

**Share a time that you felt like you were living in vv 2-3, and the very foundations of your life were shaken? Did you experience God’s protection, power and help? How?**

**As you continue to trust in God’s presence, in what area of your life do you struggle to live without fear? Why? How would a growing trust in God change this area?**

**Psalm 46:4-11** speaks of God’s provision (**4-7**) and His sovereign power (**8-11**). **Verse 4** pictures God’s presence flowing like a river that brings life and sustenance to the city. Its physical reference is to the Gihon Spring that flows just below the city of Jerusalem and provided life giving resource, particularly in times when the city was besieged by enemies.

**Verses 8-10** speaks of God’s sovereign power over His creation, wars, nations and human history. It is a reminder of His sovereign power. His powerful presence in our lives is stated twice (**7,11**) as a reminder that He is with us, and that His power is our mighty fortress that cannot be overcome. **Verse 10** reminds us that when life is shaken, do not fear, instead rest in His mighty presence, with confident trust.

Read **verses 4-11**. **What promises do you hear? What do you find comforting?**

Read **verses 7 and 11**. **How has God been a mighty fortress in your life, providing sustenance and protection?**

Read **verse 10**. **Where in your life do you need to “be still” and rest in God’s powerful presence?**

For further study: Read **2 Kings 18:17-19:37**.

Some scholars think this could be the historical event that inspired this psalm.

**How does it add depth and meaning to your understanding?**