

Community group questions  
Psalm 46

Opening question: Growing up what were some situations that were cause of unsettledness around you or in the world?

Scripture study: Read Psalm 46

- In verses 1-3, what could be cause for fear? What is said of God that helped calm those fears? What does it mean for God to be our refuge? Our strength? Our ever-present help? Our fortress (verses 7, 11)? Share times when God has been that to you.
  
- In verses 4-6, what is significant about the river? How is this likened to Jesus' words in John 7:37-39? What difference should the Holy Spirit make in how we deal with crisis? Back in Psalm 46, how does God keep us from being shaken in fear in all that is going on around us? Compare verse 6 with Psalm 29:3-9 and make some observations about God's voice. How does knowing the power of God to act sustain you in tough times?
  
- In verses 8-10, what works of God in the past help you in the present? What is different about verse 10 than the other verses? What are we commanded to do in verse 10 and what does that look like? How can we be still in the midst of the days we are living in?
  
- Three times in this Psalm there is a musical marking, "Selah." It is the idea of pausing to consider what has been said. Why is a pause needed in these times? How can pausing keep us from panicking? As followers of Christ, how should we respond to what is going on right now? What qualities should be seen in us that is different than those without Christ?