

Sunday, July 25, 2021 - "Summer in the Psalms - Week 6 - Be Still (Psalm 46)" - Doug Kempton

Key Passages: Psalm 46, Exodus 14:14

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- 1500s: Bubonic Plague
 - 1/3 of the population in Asia and Africa died
 - Martin Luther stayed in the city he lived while people fled to the countryside (started a makeshift hospital in his house)
 - He wrote "A Mighty Fortress Is Our God" after reading Psalm 46
 - It was written in times of peril
- God does not waste anything...He redeems our pain and sorrow and He brings beauty from ashes
- Psalm 46 was meant to be sung and proclaimed..God is with us!
 - It was written while the city of Jerusalem was under siege
 - They were cut off from food and water while surrounded by their enemy
- God IS...
 - All powerful, never weak
 - OUR refuge (He is for us)
 - OUR strength
 - Ever present with us..we need to take hold of this truth
- Therefore...WE WILL NOT FEAR
- Theme of the river...all throughout the scriptures...bringing us life and nourishment
- Come behold the works of God
 - A call to remember
 - Not just all powerful BUT Emmanuel - God with us (v1: God is very present, v5: in the midst, v7/11: Lord of Hosts with us)
- If you have God, you have victory (no matter what you're going through)
- v10: Be Still
 - Word means cease or stop
 - Not about a "spiritual retreat"
 - Stop doing things in your own strength, stop trying to do what only God can do
 - Exodus 14:14 ("watch me fight for you")
 - The gospel is an example of this (it's a free gift)
 - We can't do anything to get it to to earn it
- Where do you need to cease?
- Where do you need to be silent and let God fight for you?

Questions (Feel free to use all of these, some of these, or none of these)

1. What does it mean to you that God is your refuge and strength?
2. When was a time when God was your very present help in time of trouble?
3. What are the works of God that He is calling you to remember right now?
4. In what situations or circumstances do you think God is asking you to cease? To be still?
5. What are you trying to do in your own strength that only can do?
6. How is God calling you to be silent and allow him to fight for you?
7. What is God inviting you into as a result of this passage or sermon?

****15 Minutes with God Reading Plan-**

Mon: Psalm 26,56,86,116,146 Tues: Psalm 27,57,87,117,147 Wed: Psalm 28,58,88,118,148 Thurs: Psalm 29,59,89,149 Fri: Psalm 30,60,90,120,150

Songs from the weekend: [Great Jehovah - *Travis Greene*] - [Shall Not Want - *Elevation Worship & Maverick City*] - [Promises - *Maverick City*] - [King of My Heart - *John Mark McMillan*]