

## **Times of Uncertainty**

### **Psalm 46 – Coping with Change**

Change is inevitable. It is a part of life. But we so often feel fearful, because change threatens our stability. Much of change can be out of our control, making the future frightening and overwhelming. It is in times like this when God's ever-present love and power can provide strength and protection. When we stop and rest in the knowledge that God is in charge, we can find peace and assurance that new opportunities are possible.

**Icebreaker:** What are some personal significant changes you have experienced, and what opportunities did those changes open up for you?

#### **Read Psalm 46:1-3**

1. What is the meaning of the declaration with which this psalm begins?
2. Verses 1-3 describe terrifying situations. What does fear do to a person?
3. Describe a recent situation when you really needed a refuge, strength, or help.
4. How does this psalm suggest we can find a sense of stability even in the middle of chaos and calamity?

#### **Read Psalm 46:4-7**

5. List the contrasts you see between verses 2-3 and 4-5.
6. Who is mentioned in nearly every phrase of this section? In each case what action or situation is described?
7. The psalmist tells us that God is always with us and is our fortress. What difference does that make to you personally as you experience change and uncertainty?

**Note:** Unlike most great cities, Jerusalem had no river running through it. The people relied upon God to provide for them. God was their source of sustenance and protection for them. As long as they depended upon God they were safe and cared for. When they abandoned God, the city was no longer protected and it fell to adversaries.

### **Read Psalm 46:8-11**

8. In these verses, what does God say we should do? Why this sequence?
9. When compared to the power of mankind, how can God's power and authority be a source of comfort and strength to us?
10. What does Be still and know that I am God mean to you?
11. What is the meaning of refuge and fortress (verses 1, 7, 11)?
12. Why do you think the psalmist repeats verse 7 as a conclusion to this psalm in verse 11? What will help you remember his message beyond today?

**Note:** In The Amplified Bible, these two verses read like this: *"The Lord of hosts is with us; the God of Jacob is our refuge [our high tower and stronghold]. Selah [pause, and calmly think of that]!"*

### **Prayer**

Close by sharing prayer requests and then take turns praying for each other by completing these sentences: "God, please help \_\_\_\_\_, and thank you that \_\_\_\_\_"

Then read this prayer together, or if you're meeting online, have one person read the prayer out loud. Dear God, thank you for promising to be with us at all times. Help us to remember you love us when changes and challenges come into our lives. Help us to be reassured that you are our fortress and our refuge where we can set aside fear and experience peace. Thank you for reminding us to be still, so that we can honor your power and majesty. Amen.