

## Psalm 46: A Song of Encouragement

**Theme:** *Doing Life with Confidence in the LORD of Hosts in these Crazy, Chaotic and Challenging Days*

**Introduction:** Who was the Psalmist telling to “Be Still” and who in the world is this \_\_\_\_\_?

Definition: Stop and think about this before moving on

The historical setting for Psalm 46 brings the text to Life 2 Kings 18

**Stanza 1: God is Abundantly \_\_\_\_\_ in my time of Trouble** 1-3

**Selah:** Regardless of what happens, I will not \_\_\_\_\_, even if the universe falls apart, because God is my Protection and Security.

**Stanza 2: God acts at the \_\_\_\_\_ time to secure victory** 4-6

**Selah:** While this struggle I face is real, I can rest assured that God has it. I’m \_\_\_\_\_ now and forever.

**Refrain:** “The LORD of Hosts is with us! The \_\_\_\_\_ of Jacob is our Fortress” 7

**Stanza 3: Take Heed Nations of the World, God is in \_\_\_\_\_** 8-10

**Selah:** God has won the \_\_\_\_\_ before; He will win the victory again. Stop living as if He can’t.

**Refrain:** “The LORD of Hosts is with us! The God of Jacob is our Fortress” 11

### Conclusion:

1. \_\_\_\_\_ is an ever-growing aid to our faith. We can confidently “put the full weight of our life in the LORD of Hosts” as we repeatedly see Him act on our behalf.
2. Let the \_\_\_\_\_ listen and cease from warring against God and His people.
3. Let the \_\_\_\_\_ listen and conquer fear and know that God is God.

### Small Group Discussion Questions:

1. Read Psalm 46: What elements in this Psalm were you already familiar with or have blessed you in the past? What parts are most significant to you? Were you surprised by anything today?
2. What event in Israel’s history is connected to this Psalm. Why is it so important to understand the historical setting when interpreting Scripture? What personal benefit did you gain when you discovered this Psalm’s connection with 2 Kings 18?
3. What do you typically think about and how have you usually applied the phrase, “Be still and know that I am God”. Is there any harm in applying this to us if the Psalmist meant it for the enemies of God? What other passages can we claim that might encourage us to be still?
4. When we read Scripture, what benefits would we gain if we take “selah” to heart and stop and think about it before moving on? What habits should we develop to see it evidenced in our lives?
5. Discuss further as desired and take time to pray for and with one another.