

HE IS OUR REFUGE AND STRENGTH

Psalm 46:1–11

Key Verse: 46:1

1. How does this Psalm begin (1)? What does it mean that God is our “refuge,” “strength,” and “very present help”?
2. What scenario does the psalmist describe (2–3)? In such an unsettling situation, why do we “not fear”?
3. What is the psalmist’s hope (4; cf. Rev.22:1–2)? What difference does God’s presence make (5)? What other contrast does the psalmist describe (6)? What does he conclude (7; cf. verse 11)? What does “the LORD of hosts” mean? How can he be our fortress?
4. What other “works” does God do (8–9)? Read verse 10. What does it mean to “be still, and know” that he is God? How and why does he want to be exalted?
5. Read verse 1 again. How can we live with this faith practically?