



Songs of Summer Psalm 46

We all have a song or two that when we hear it takes us back to those summer vibes. The lyrics and the melody take us back to the beach, the pool, the sunset, our friends, some of our best summer memories. Those songs have a special place in our memories. But there are also songs in Scripture that should take us back and remind us of who God is and what God has done. The Psalms are chocked full of songs of summer to listen to. This summer let's go back and listen to some of Scripture's best songs of summer.

God is a fortress in which we can shelter, recoup, and rest from the chaos of life.

- As you reflect on the message, what stood out to you? What is something you are still thinking about?
- What is something from the message that challenged you? How are you wrestling with that challenge?
- What question(s) do you have from the message?
- What is at least one practical takeaway from the message?

Psalm 46

To the choirmaster. Of the Sons of Korah. According to Alamoth. A Song.

- 1 God is our refuge and strength,
a very present help in trouble.
 - 2 Therefore we will not fear though the earth give way,
though the mountains be moved into the heart of the sea,
 - 3 though its waters roar and foam,
though the mountains tremble at its swelling. *Selah*
 - 4 There is a river whose streams make glad the city of God,
the holy habitation of the Most High.
 - 5 God is in the midst of her; she shall not be moved;
God will help her when morning dawns.
 - 6 The nations rage, the kingdoms totter;
he utters his voice, the earth melts.
 - 7 The Lord of hosts is with us;
the God of Jacob is our fortress. *Selah*
 - 8 Come, behold the works of the Lord,
how he has brought desolations on the earth.
 - 9 He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.
 - 10 “Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!”
 - 11 The Lord of hosts is with us;
the God of Jacob is our fortress. *Selah*
- There are plenty of circumstances in life that we can classify as “trouble.” As you reflect on your life, either past or present, what have been some of your most “troubling times?”
 - Psalm 46:1 describes God as “our refuge and strength, a very present help in trouble.” Of his many attributes, what makes God like a fortress?

- What do we do when God doesn't feel like a fortress to shelter in? How can we remind ourselves of who God is and why we can trust him?
- In both Psalm 46:5 and 46:7 the psalmist notes how God is in the midst of them. How does it make you feel to know that sometimes God doesn't take you out of the troubling circumstances, but he is with you in the midst of the trouble?
- Robbie made an important point on Sunday—there are people and circumstances we cannot control. How can we let go of the illusion of control and trust God who is in control?
- In Psalm 46:10, the psalmist writes, “be still, and know that I am God.” Why is patience so hard, especially in troubling circumstances?
- What we do know is that God brings peace. How does he do that?
- Think about your current circumstances. What kind of fortress do you need God to be right now?
- What's holding you back from trusting that God can and will be everything you need him to be?
- Close your time together sharing whatever your troubling circumstances are. Then pray for one another, asking the Lord to be each of your fortresses.