

Psalm 46

Read: Psalm 46:1-11

Summary:

Life can be very tough...ill health, teenage daughter getting pregnant, your son taking drugs, your wife wanting to leave and take the kids, loosing your job, facing debt... The Bible has lots to say that empathises with us and helps in such difficult times. Psalm 46 has been called 'God in a Crisis' but could also be know as a 'Psalm of Confidence'

Verse 1-3:

The picture of the mountains falling into the sea and the waters surging is a graphic one of things going wrong whether tangibly or the uprooting of nations and the collapse of kingdoms. Yet in the midst of such turmoil our God is a tower of refuge and strength. God is our rock!

Verse 4-7:

The Bible often uses the image of a flowing river as the blessing of God: there was one flowing in the Garden of Eden and then the picture of water flowing from the Temple in Ezekiel, that goes on to the healing of the nations. Jesus says that His Holy Spirit should be a spring in us. The City of God is the church and the break of day is the time of victory, particularly seen when the women arrive at the empty tomb at day break

Verse 8-11:

The emphasis here is on seeing what God has done, that He might be praised. We are commanded BE STILL...take a break, pause, stop and be intimate with HIM. God will be exalted among the nations and in the earth!

In the midst of everything – whatever is happening to us or going on – God is with us.

Application:

Please select from the following questions encourage all to honestly take part.

1. Was there anything shared on Sunday that needs clarifying to you?
2. What did God say and what are you going to do as a result?
3. How is life for you at the moment? (Now tell us more with even more honesty!)
4. How do you keep yourself in God's River? Pray for each other to know more of the power of God's Spirit everyday
5. Write a list of all the things that God has done for you so far this year.
6. When and where do you find you most hear God?
7. In what area do you need to see the victory of God? Let's pray now