

## Season of Sustenance

Psalm 46

### Prayer Concerns:

#### God is...

*"God is our refuge and strength, an ever-present help in trouble."* [vs. 1]

... therefore, we will not \_\_\_\_\_.

Is our fear a result of our lack of \_\_\_\_\_ and  
\_\_\_\_\_ in who God is?

God sustains His \_\_\_\_\_.

In verses 4-6, the Psalmist is reflecting on God's \_\_\_\_\_ of  
His \_\_\_\_\_ - \_\_\_\_\_.

The \_\_\_\_\_ carries the \_\_\_\_\_ of the  
\_\_\_\_\_ of God.

The God who \_\_\_\_\_ us is the \_\_\_\_\_ -  
\_\_\_\_\_ **God of the universe!**

The Psalmist invites us to \_\_\_\_\_ and \_\_\_\_\_ that God is a  
\_\_\_\_\_ God.

There will be a day when all bow down and confess that Jesus  
Christ is Lord... without \_\_\_\_\_.

**Do you believe that God is present, faithful, all-powerful, and sustainer?**

## **Personal Study/Growth Group Discussion Questions**

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### **Getting Started:**

1. Describe a time in your life when you experienced a season of instability and anxiety?

### **Digging Deeper:**

#### **Read Psalm 46**

1. Psalm 46 clearly states that God is our refuge and strength, an ever-present help in trouble. How do you think knowing this may change your outlook the next time you find yourself overwhelmed?
2. In verses 4-6, the Psalmist is reflecting on God's deliverance of Jerusalem during a specific historical event. How can reflecting on God's faithfulness in your life encourage you to trust in Him?
3. As you read Psalm 46, what description of God stands out to you the most? Maybe it is God as our refuge, or maybe the power of God to lift His voice and cause the earth to melt. Do you think it may be hard to believe this about God?

4. Describe a time in your life when what you knew about God and what you were experiencing didn't seem to line up. Why might this have been so?

5. Do you think you might be able to invite someone in your life to "come and see," to experience the presence of the Lord Almighty as you have? Why or why not?

### **Taking it Home:**

1. Each day this week, set aside ten minutes without distractions to reflect on who God is and His faithfulness.
2. Look for opportunities to invite at least one person in your life to "come and see" the Lord's presence as you have.
3. Review the descriptions of who God is. How would believing one or more of these more deeply change the way you go about your week?