

Psalms 46

to-daw': an extension of the hand. thanksgiving. a confession.
a sacrifice of praise. thanksgiving for things not yet received.
a choir of worshippers.

Storms

- Circumstance
- Depression and Doubt
- Fear
- Inconsistency

Good News:

God is _____.
(Shelter, strong tower, refuge, fortress)

The Question: Does my god have a big "G" or little "g"?

Be Still

The art of stillness:

- Sit – stop striving.
- Find the big "G" in the storm.
- Don't let my current storm blind me from my past and my future.
- Do be still with God.
 - Prayer
 - Worship
 - Meditation
 - Listening

In light of what I have learned today, what do I need to do to obey God?

Life Group Questions

Getting to know you...

The enemy's desire is to see the storms of life shake our trust in God and doubt His goodness whether we're experiencing them personally or seeing others go through them. Hebrews 11 is known as the "Faith Hall of Fame" which is a listing of people who experienced some "great storms" but continued to live by "faith".

As you read this chapter, write down any storms or challenges these people encountered along with steps they took to help keep a "faithful" perspective in the midst of the storm.

How does reading through this help give you hope in the midst of life's storms?

Seeing people that follow God through the storm can be an encouragement to us all when life gets tough. Yet knowing how to access this hope can be a challenge when everything seems to be falling apart. What additional help or hope do the following verses give to keep this perspective? (Psalm 56:4; 56:11; 102:1-2; 102:25-28; 145:18-20 and Proverbs 14:26)

Read it aloud... Psalm 18

This Psalm is about God's protection in the midst of storms we encounter as a result of damaging actions by others. What conditions does Psalm 18:16-29 give to experience God's protection and hope in the midst of these kinds of storms?

Use Psalm 139:23-24 as a prayer guide to see if there is anything you need to take a look at to meet these conditions.

Taking it Home...

Based on this week's study and looking back in your life, take a few minutes to "be still" and write down how you've seen God encourage, challenge or give you hope in the midst of life's storms. Take some time to thank Him for how He has revealed Himself to you.