

I. Introduction:

What was the biggest earthquake you ever felt? How did you feel during the quake?

II. Read: Psalm 46:1-11

- 1 God is our refuge and strength,
a very present help in trouble.
- 2 Therefore we will not fear though the earth gives 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 hosts¹ 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*²

III. Into the Bible:

1. Imagine the scene described in verse 2-3.
2. Why does the psalmist compare God's power with nations and kingdoms and war (v6&9)?
3. Why does God command us to "Be still" in verse 10?
4. Why does the psalmist say "I will be exalted among the nations" rather than "I am exalted among the nations"?

IV. Application:

The United States is not ancient Israel. We are not under constant threat of bigger nations and countries coming to attack us. We aren't fearful of a huge natural disaster that throws mountains into the oceans. But that isn't necessarily what this psalm is about. It's about chaos and stress. It's about things that threaten us, that worry us. And ultimately it's about our security and finding a safe place. Wars and nations is what Israel worried about. For us, it might be screaming toddlers or a crazy boss. It might be credit card debt or controlling in-laws. In all of the craziness of our lives, the LORD is God, and he will be exalted. Everyone needs to stop, and acknowledge God.

5. What are some of the most chaotic things that have happened in your life? Is there something chaotic in your life right now?
6. What are some ways you deal with stress and chaos in your life?
7. Take some time to be still as a group, and just know that God is God. God is God in every area of stress, anxiety, threat, turmoil and chaos in your life.

¹ "The LORD of hosts" or "The LORD Almighty" is the translation of an obscure Hebrew word that means "armies". This likely refers to angel armies or

heavenly armies.

² *The Holy Bible: English Standard Version*. (2016).