

We will not fear

Psalm 46

Introduction

Have you ever had your world turned upside down? Have you ever received some bad news or had something happen that changed everything? What sorts of things have the potential to turn our world upside down?

At any time disaster can show up in our lives. It comes without invitation and often arrives on our doorstep unexpectedly. The door will open and it barges in and changes everything. Our world can be turned upside down.

How are we to go on when our world seems to be falling apart? How are we to face difficulties with strength and courage? In this study we will examine the quiet confidence of the psalmist and what undergirded it. Please read Psalm 46.

Our help in times of trouble

In verse 1-7 the psalmist outlines the reason why he doesn't fear. Here he describes the kind of help that is available to God's people. Please refer to the first three verses to discover more about the help that is available to the believer.

1. Why does the psalmist say that they won't give into fear (1)?

2. What do you think it means for God to be our refuge (1)?

3. What do you think it means for God to be our strength (1)?

4. What disaster was the psalmist describing (2-3)?

Think about it

What help do we Christians have that others don't have when they face trouble?

When we are going through troubled times how can we encourage ourselves and others to not give into fear?

Our Safe Place

Our world is a turbulent place. It is never quiet. It is never at peace. It is chaotic and dangerous. Yet even so there is a place that is safe and secure. In verses 4 to 6 the psalmist describes it. Please read these verses and answer the following questions.

5. Where was this safe place for the psalmist?

6. What is this place like? How secure is it?

Think about it

Where do you find this place today (c/f Revelation 21)?

How can we belong to it (c/f Revelation 21:27)?

What guarantee does this place provide for us living in a world that is falling apart?

People often look for security in the wrong places? What are some of the wrong places that people look to for security?

A lesson to learn and something to remember

The psalmist before he concludes the psalm points out a lesson that we are to learn through this and something that we are to not forget. The lesson to be learnt is found in verses 8 and 10. Please read these verses to discover the lesson.

7. What are we invited to observe?

8. What do we learn about who is in control?

Think about it

C.S. Lewis said that “God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains”. What do you think he might have meant by this?

What should we learn from all our troubles? What do we learn about ourselves? What do we learn about God? What does the Lord encourage us to do

The believer however is more than just reminded that it is the Lord who is in control. They are not to forget that it is this God who is with them. Please read verse 7, which is then again repeated in verse 11. This refrain is repeated for it is something that we are not to forget.

9. How is God described in these verses and what does it mean for him to be like this?

Think about it

What ought we keep on remembering when we experience trouble?

What did God do so that He might always be with us?

Conclusion

When trouble comes our way, God is there with us.
When our world falls apart, he is our strong fortress.
We are safe and secure in Him.

Think about it

If we know this, then why are we so anxious? Why do we worry so about things we can't control?