

Personal/Group Training Guide

Week of 11/18/18

PSALMS

“Take Refuge and Rest”

- (1) Read Psalm 46. What are some things in your life, or things going on in the world, that are troubling you? How do you deal with them?
- (2) What do you do to help you remember that God is in control when everything seems to be falling apart? Describe a time when reflecting on God’s sovereignty helped you through a challenging situation.
- (3) The Psalms often reference turmoil while still remembering God’s sovereignty. Why is it so easy to focus on one or the other, but not usually both at the same time?
- (4) Being “still” is often looked at as surrendering to God. In what area of your life do you need to be still and reflect on God? Why is it sometimes a challenge to allow ourselves to surrender to Him?
- (5) Read verses 8–11. With the theme of these verses centered on some aspect of war and fighting, the term “be still” could also mean to “stop fighting.” Is it possible to fight against God? What might this look like?
- (6) Has there ever been a time when you were fighting in your own strength, but then finally laid down your arms and rested in God? Discuss the difference that this made for you.
- (7) Read verses 1 and 7. What do these verses mean to you? Rewrite them in your own words and share it with the group.
- (8) How can reading and understanding this Psalm make this Thanksgiving more meaningful for you?