



God Songs

Notes of God's Character in the Psalms

Dive Deeper

♪ How did God make His presence known to you during one of your greatest moments of fear?

READ Psalm 46 (NIV)

- 1 God is our refuge and strength, an ever-present help in trouble.
- 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,
- 3 though its waters roar and foam and the mountains quake with their surging.
- 4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells.
- 5 God is within her, she will not fall; God will help her at break of day.
- 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.
- 7 The Lord Almighty is with us; the God of Jacob is our fortress.
- 8 Come and see what the Lord has done, the desolations he has brought on the earth.
- 9 He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.
- 10 He says, "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 Almighty is with us; the God of Jacob is our fortress.

||: THE FUN WORDS:

🎵 (v. 1) **Ever-Present** - Literally "greatly found;" not far to seek, but nigh at hand; not difficult to find, but offering himself.

♪ How does God show his "ever-present" nature to you and those around you?

🎵 (v. 3) **Roar** - The same root word used for "uproar" in verse 6.

♪ How might these be talking about the same thing, and how are they totally different?

🎵 (v. 4) **There is a river** - A river, in contrast to the destructive waters; probably derived from the river in the Garden of Eden (Gen 2:10); there was no river in the city of Jerusalem itself. The flowing waters suggest vitality and life, and they bring joy to the city's inhabitants.

Yes • No • Maybe

- 1. I'm actually more brave than the people sitting near me.
- 2. When given a choice between fight or flight, I typically find the nearest exit.
- 3. God frequently destroys things.
- 4. God wants you to stop fighting your spiritual battles.
- 5. God needs us to relax more.



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Dive Deeper (continued...)

🎵 (v. 7) **The Lord Almighty** - a military title, portraying God as the commander of the armies ("Yahweh of armies").

🎵 Who is God fighting for and against? How does this affect your battles? Why do people fight their own battles?

🎵 (v. 10) **Be still, and know** - **Still**: The Hebrew verb means to cease, be inactive. "Surrender!"; "Stop"; "Desist!"; "Drop your weapons!"; "Make peace." **Know** is used in the sense of acknowledge, recognize, admit, confess. Know that I am God can sometimes be translated "learn that I am God" or "see that I am God."

🎵 What makes "being still" such a spiritual challenge? And have you ever been able to experience the "still knowing" that God offers here?

🎵 How does seeing God as a fortress, instead of a judge, change your view of God's character?

🎵 What does God want us to know about Him?

notes

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My Prayer

1. How can I "be still and know" more this week?
2. What "weapons" do I need to drop in order to experience this still knowing of God?
3. What do I understand more clearly about God's character now?