

The Essentials: The Psalms

Session 5: Psalm 46

Pray:

Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Read: Psalm 46 (aloud)

1. In vv. 2-3, Colin says the Psalmist presents worst-case scenarios in natural and political terms. One might even think of contemporary conflicts like in Ukraine. Name other ways we experience being shaken.
2. V. 1 says God is our refuge. Explore what it means for God to be a refuge. What is a refuge?
3. Read vv. 4-6. Describe the city of God.
4. Historically speaking, the city of God, Jerusalem, was overthrown by its enemies. It tottered and fell. Colin says it was not Jerusalem itself that protects us, but rather the God who dwelt in the city. Where does God dwell now?
5. Describe the claim made in v. 9. In what ways do you struggle to believe this claim?
6. Read v. 10. In what ways are you trying to achieve your own security?
7. What does Psalm 5 tell us about Jesus and what does Jesus tell us about Psalm 5?

Concluding Prayer

Psalm 46

To the choirmaster. Of the Sons of Korah. According to Alamo^[a]. A Song.

1 God is our refuge and strength,
a very present^[b] 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 hosts 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*