

Sermon: **“At Peace in Our Fortress While the Earth Melts – Part 1” (Psalm 46)**

Date: **March 22, 2020**

We find ourselves in the midst of uncertain, chaotic times. A virus is raging throughout the world. Time-tested institutions, governments and medical systems are shaking and teetering. Fear and panic are rampant all around us. And yet, in the midst of all that is going on around us, we as Christians are hidden in the Lord Jesus. We are hidden in the One who is sovereign over this virus. We are hidden in the One who is causing the nations to shake. There is a lot that we don't know about what's going on right now. But we do know that we are hidden in the One who knows all things. This week, as we study Psalm 46, we will be reminded that we have no reason to fear, for God is our refuge and our strength. He is our very present help in trouble. And we will also learn that when the nations are quaking, we are a people that are unmoved. Why are we unmoved? Because the Lord of hosts is with us. While everyone is scrambling, the God of angel armies is with us. The God of Jacob is our fortress.

What you need for this study: Bible, Notebook, Pen

Individual Bible Study

1. Please read Psalm 46 and ensure that you've listened to Sunday's sermon.
 - a. During the worst times of the Reformation, Martin Luther said, "Come let us sing the 46th Psalm and let them do their worst." After reading Psalm 46, why do you think he said this?
 - b. Verse 2 says, "Therefore we will not fear..." Why is it significant that this is a *statement* about Christians and not a commandment?
 - c. According to verses 2-3, what are the different situations in which we will not fear? Explain the symbolism of the language used (i.e. the moving mountains, the roaring waters, etc.).
 - d. In situations like those described in verses 2-3, why do we not fear? See verse 1.
 - e. What does verse 4 teach us? How does what Jesus said in John 4:13-14 relate to what we learn from verse 4?
 - f. What do the terms "she" and "her" refer to in verses 4-5? Where does God dwell in these tumultuous times according to verse 5?

- g. Compare Psalm 46:6 with Nahum 1:5, Amos 9:5, and Judges 5:5. What does this imagery refer to? What are these verses speaking about?
- h. Explain the promise given in verse 5: “God will help her when morning dawns.”
- i. How do the truths about God given in verse 7 bring comfort to you in the midst of this crisis?

Group Discussion Questions

1. How did the Holy Spirit speak to you through the sermon and the Bible study this week?
2. When we are tempted to fear, what truths from this Psalm can we cling to and use to fight the fear and increase our trust in the Lord? What are other Scriptures that you cling to and use to fight fear?
3. As the nations quake and the earth melts, the God of angel armies is with us (v. 6-7). We are hidden in him. How does that truth comfort you? Why is it so important to be mindful of God’s presence in times of crisis?
4. What does it look like to live as one who knows they are secure in God’s life-giving fortress? How can we model this kind of a demeanor in our homes and in our community?
5. As the body of Christ, we need each other. Why is it so important to be intentional about caring for one another during times like these? How can we be intentional about caring for one another during this difficult season?

Church-Wide Prayer Requests

-Pray that our church’s trust in the Lord would only increase in this difficult season.

-Pray that we would find ways to still live out the one-another’s of Scripture together as the body of Christ, despite not being able to physically be together.