

Finding Rest in Jesus

Psalm 46

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Using This Study

❶ EXAMINE His Word

What does God SAY? Open your time with prayer. The words God uses to communicate matters, so go back and pay close attention to the details that are emphasized or repeated in the passage.

❷ EXPLORE His Word

What does God MEAN? Asking questions of the text helps surface how the details relate to the message God wants to communicate.

❸ EMBRACE His Word

Why does it MATTER to me? Embrace God by responding to what you discover in His word in faith and obedience.



Many of us have probably heard the Psalm that says “Be still and know that I am God”. But what is this Psalm really all about? In today’s world it is easy for us to keep ourselves so busy that we have little time for rest and unfortunately that also translates to little time for God. It is essential for us to rest in the security that God offers us. He is the King and creator and He offers us rest in Him. However, in order for us to rest in Him we have to pursue the relationship and turn our lives over to Him. We have to know and believe that He is in control and let His love for us be our security. In your busy life, are you finding time to rest in God?



Psalm 46 (NASB)

God the Refuge of His People.

FOR THE CHOIR DIRECTOR. A
PSALM OF THE SONS OF KORAH, SET
TO ALAMOTH. A SONG.

46 God is our refuge and strength,
A very present help in trouble.
²Therefore we will not fear, though the
earth should change
And though the mountains slip into the
heart of the sea;
³Though its waters roar *and* foam,
Though the mountains quake at its
swelling pride. *Selah.*
⁴There is a river whose streams make
glad the city of God,
The holy dwelling places of the Most
High.
⁵God is in the midst of her, she will not
be moved;

God will help her when morning dawns.
⁶The nations made an uproar, the
kingdoms tottered;
He raised His voice, the earth melted.
⁷The LORD of hosts is with us;
The God of Jacob is our
stronghold. *Selah.*
⁸Come, behold the works of the LORD,
Who has wrought desolations in the
earth.
⁹He makes wars to cease to the end of
the earth;
He breaks the bow and cuts the spear in
two;
He burns the chariots with fire.
¹⁰“Cease *striving* and know that I am
God;
I will be exalted among the nations, I will
be exalted in the earth.”
¹¹The LORD of hosts is with us;
The God of Jacob is our
stronghold. *Selah.*

🕯 **EXAMINE His Word (Observation)** (For personal preparation)

What does God SAY? Prayerfully note significant details and terms emphasized in the foregoing passage.

1. Who is involved in the text? Author, audience, main characters.

2. Where and when is this taking place? Geography and timeline.

3. What actions are carried out or commanded? Look for the verbs.

4. Is there anything repeated?

5. What is emphasized?

6. Is there anything in these passages that is related to other areas of scripture?

7. Are there things to be noted that are alike or unlike such as similes and metaphors?

② EXPLORE His Word (Interpretation) (For Community Group discussion)

What does God MEAN?

8. In what way is God our refuge and strength?

9. Who is the “her” talked about in verse 5?

10. In reference to verse 10 what should we cease striving for?

11. How does a changing earth produce fear and how can we avoid the fear?

12. Verse 7 says God is with us. How do we know God is with us?

③ **EMBRACE His Word (Application)** (For Community Group discussion)
Why does this MATTER to me?

13. What does God give us in this passage that might help us find rest in Him?

14. What is it that brings the most stress to your life? How can you turn this over to God?

15. Is there anything in this passage that tells us that we can trust God with the problems of this world?

Summarize your thoughts on the passage

Write about what God wants you to **KNOW**, to **FEEL**, and to **DO**...

SERMON NOTES