

FEAR LESS

Psalm 46

Message Video:

<https://m.youtube.com/watch?v=ipqnzZe5Ock>

Where do you hide?

- Today's society is offering many false senses of security:
 - Gargle with bleach
 - Eat garlic
 - Drink tequila
 - Do crack
 - Because I'm from a certain state or background
- None of those are true and leave our country feeling like the United States of **Anxiety**

We need a **Refuge** - shelter or protection from danger or distress

Psalm 46:1-2 -

*God is our **refuge** and strength,
always ready to help in times of trouble.
So we will not fear when earthquakes come
and the mountains crumble into the sea.*

- God is our refuge
- We can look to the stock market, our businesses, our government, or even the medical professionals, but only God is our safe place.

Psalm 46:11 -

*The Lord of hosts is with us;
The God of Jacob is our **stronghold***

- When David was on the run from Saul, he had to leave everything: his wife, his job, his family -- even though he did nothing wrong

- David took refuge in a stronghold (a mountain cave)

Psalm 46:2-3 -

*So we will not fear when earthquakes come
and the mountains crumble into the sea.*

Let the oceans roar and foam.

Let the mountains tremble as the waters surge!

- It could always be worse, but you can ALWAYS trust in God to be your refuge.

How do I take refuge in God?

1. Be Still

a. Psalm 46:10 -

“Be still, and know that I am God!

I will be honored by every nation.

I will be honored throughout the world.”

b. Take time to press into God’s Word

c. Pray

d. There are certain things God only reveals to us when it’s quiet.

2. Grow

a. There are certain things God teaches us during times of pressure

i. David was running and being treated unfairly, but God used it to raise up a king

3. Know (He’ll Provide)

a. Psalm 46:1 says God is a help

b. Psalm 46:4 -

A river brings joy to the city of our God,

the sacred home of the Most High.

c. Water is a big deal to desert people

d. River is a symbol of provision and protection for ancient cities

e. Jerusalem had no river.

f. God was their river

4. Keep Your Eyes Open

a. Like a dancer spinning and twirling, we must keep our eyes fixed on something stable.

b. Psalm 46:11 - The Lord our God is with us. He is stable.

c. We may need to practice social distancing, but God does not.

God IN us is even better than God WITH us.

- John 16:7,13-15

But in fact, it is best for you that I go away, because if I don't, the Advocate won't come. If I do go away, then I will send him to you. [...] When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future. He will bring me glory by telling you whatever he receives from me. All that belongs to the Father is mine; this is why I said, 'The Spirit will tell you whatever he receives from me.'

- Jesus returned to heaven so that His Spirit could live **within** us.

Discussion Questions

Remember to pick and choose which questions make sense for your LifeGroup.

1. What are some false sources of security that you have heard lately?
2. Read Psalm 46. Where/What have you looked to for refuge outside of God?
3. Read Psalm 46:10. When do you find time to be still and press into God's Word and prayer?
4. What's something God has revealed to you when you chose to be still?
5. What's something God has taught you during times of pressure?
6. Read Psalm 46:1-4. How have you seen God be your river (your provision and protection)?
7. Read Psalm 46:11. What are some practical ways you can keep your eyes fixed on God?
8. Read John 16:7,13-15. Have you received God's Holy Spirit by accepting Jesus Christ as your Lord and Savior?