



Sermon Discussion Questions

"Slowing Down" From Exhaustion to Equilibrium Restoring Margin to Overloaded Lives

Psalm 46

June 12, 2016

Visit the **Sermons** page on this website to see full video.

Opener:

When you hear the word "strength," what is the first image that comes to you?

Questions:

1. The psalm falls into three stanzas (vv 1-3, 4-6 and 8-10) plus two refrains, or chorus lines (vv 7, 11). What themes emerge in each section?
2. What image of a world falling apart do you see?
3. What truth about God is conveyed in contrast to the world?
4. What effect does God's triumph among the nations have on the people who draw their strength from him (vv 8-10)?
5. Where may one find stillness and security in the midst of violent forces in the world (vv 10-11)?

Application:

6. Could verses 2-3 and 5-6 portray any crisis in your life, past or present?

What difference does it make to you to know, with certainty, Jesus is Lord over any crisis in your life, and the lives of your family and friends?

7. How can your group help each other to remain still (v 10) and know God's fortress-like strength (vv 7, 11)?

Spend some time in prayer. Group members may mention in brief any area of concern in life. After each mention, one member read aloud verse 10 in response.

*These questions were taken from *The NIV Quiet Time Bible* (InterVarsity, 1996) and *The Serendipity Bible for Groups* (Zondervan, 1998).