

# Poems, Prayers & Promises



## Stillness

### Key idea:

Christians are called to trust that God is our defender and deliverer so that we might delight in our God.

### Key text:

Psalm 46 (ESV)

- Psa. 46:1      God is our refuge and strength,  
                    a very present 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
- Psa. 46:4      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
- Psa. 46:8      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

**Key points:**

1. God is our Defender
2. God is our Deliverer
3. God is our Delight

**Questions for discussion/application:**

1. What part of Sunday's teaching stood out most to you? Why?
2. How is Jesus our defender, our deliverer, and our delight?
3. Read Psalm 46 and ask, 'what are some circumstances in my life that I would characterize as chaotic?'
4. Read Psalm 16:11. What is the significance of the presence of God being full of joy? What does this mean for Christians now?
5. Read Ezekiel 47:1-9. What is the significance of the river flowing from the temple?
6. What is the benefit of stillness or the practice of solitude?
7. What does a place of solitude look like to you? What will you do when you practice solitude?
8. How can you practice solitude in community with other believers (If you have a family, how can you practice solitude as a family?)?
9. Who will I call or see to encourage this week? Who can I encourage to worship this King this coming Sunday?