

God is our refuge

Psalm 46:1-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does this psalm say God is for us even when the earth gives way and the mountains fall into the sea?

2. What does it show me about people — and about myself?

What in your life feels like it is giving way right now?

3. What will I obey this week? (a concrete step, with a day)

When will you stop this week to 'be still and know' that he is God — and what will you do in that pause?

4. Who will I tell?

Who around you is shaken right now, and how will you share this psalm with them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, even if the earth gives way, you are my refuge and strength. Teach me to be still and know that you are God when everything around me is shaking.



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