

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 stays true about God in this psalm even when the earth gives way?

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

What in your life feels like it is shaking right now?

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

Which shaking worry will you trade this week for a daily moment of being still before God?

4. Who will I tell?

Who needs to hear that God is a refuge in trouble, and how will you tell 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, you are my refuge and strength, ever present in trouble.
Teach me to be still and know that you are God, even when
everything around me shakes.*



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