

LESSON 25

# FINDING REFUGE IN GOD

## *Psalm 46*

*To the choirmaster. Of the Sons of Korah. According to Alamo. A Song.*

- <sup>1</sup>God is our refuge and strength,  
a very present help in trouble.
- <sup>2</sup>Therefore we will not fear though the earth gives way,  
though the mountains be moved into the heart of the sea,
- <sup>3</sup>though its waters roar and foam,  
though the mountains tremble at its swelling. *Selah*
- <sup>4</sup>There is a river whose streams make glad the city of God,  
the holy habitation of the Most High.
- <sup>5</sup>God is in the midst of her; she shall not be moved;  
God will help her when morning dawns.
- <sup>6</sup>The nations rage, the kingdoms totter;  
he utters his voice, the earth melts.
- <sup>7</sup>The Lord of hosts is with us;  
the God of Jacob is our fortress. *Selah*
- <sup>8</sup>Come, behold the works of the Lord,  
how he has brought desolations on the earth.
- <sup>9</sup>He makes wars cease to the end of the earth;  
he breaks the bow and shatters the spear;  
he burns the chariots with fire.
- <sup>10</sup>“Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!”
- <sup>11</sup>The Lord of hosts is with us;  
the God of Jacob is our fortress. *Selah*

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## **WELCOME:** *Fixing Our Focus*

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Share with the group ideas, concepts, images, etc. that immediately come to your mind when you think of the word “refuge.” What common ideas and/or images do you have regarding this word?

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## **WORSHIP:** *Adoring Our God*

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Suggested songs:

*No Other Name* by Joel Houston & Jonas Myrin (Hillsong Worship)

*You are God Alone* by Billy & Cindy Foote (Phillips, Craig & Dean)

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## **WORD:** *Understanding the Word*

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*Lesson Aim:* Members will acknowledge the presence of the personal God and commit their lives to him and worshiping him together with fellow believers.

### **Introduction**

Have you ever questioned the existence of God because of a distressful experience in the past? It could be a natural calamity or personal suffering that you never thought you would survive. Or it could have been caused just by looking at the desperate situation of our country – what will ever happen to us and to the generations that will come after us?

Israel, the chosen people of God, has been through a lot as a nation. We can’t imagine the distress that they went through. This psalm speaks undoubtedly of God’s presence and relationship with his people even in times of trouble that allowed them to thrive in their commitment with God.

*Leader:* Lead in reading Psalm 46 aloud together. Then read the paragraph on the “Key Verse.”

*Key Verse:* “God is our refuge and strength, a very present help in trouble.” Psalm 46 starts with a grand declaration of who God is to the people of Israel. This psalm celebrates the presence of God as it speaks well of the personal relationship God has with his people as seen by how they address him. It has essentially three parts that are divided by Selah, an invitation to pause.

**Psalm 46:1,7,11. Theme: Presence of a personal God**

1. How did the psalmist call/address God in this psalm? What does this imply regarding the psalmist's relationship with God?
2. How is the great God present with his people? How did the psalm describe God?

**Psalm 46:2-6. Theme: Protection and safety in God's presence**

3. What was the psalmist's response knowing that God was present with them (*v. 2*)?
4. The psalmist referred to God as his refuge and fortress, somebody he can go to in times of distress. What are the sources of distress mentioned by the psalmist?
5. How did the psalmist describe the "city of God?" What did the psalmist say regarding this place in relation to the sources of distress since God is present there?

**Psalm 46:8-10. Theme: Power of God's presence**

6. Israel is invited to behold, to gaze on the works of the Lord. What are these works? (*vv. 8-9*) What other works did he perform in the history of his chosen people, Israel? Why is it important for Israel to reflect upon the mighty acts of God – in the past and those predicted in the future?
7. After exhorting God's people to consider God's works, the psalmist encouraged them to do two things—to be still and to know that the Lord is God. What does it mean to be still? What does it mean to know that the Lord is God?

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**WALK:** *Applying the Word*

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**Questions for Adults**

1. How often do we pause to realize how present God is in our lives? In what ways can the group help you with this?
2. Think of a recent event where people have been terrorized or affected by natural disaster. How can you pray for these people, that in their time of difficulty they might experience the presence of the One True God?
3. Individually and as a group, pray back this psalm to God. You could start by saying something like:

*The Lord of hosts is with us; the God of Jacob is our fortress...*

4. Pray for our country (Prayer requests supplied by the Leader).

**Questions for the Youth**

1. In superhero movies, there's always that scene where the villain seems to have the upper hand and the hero is nowhere to be found or has lost their power. It's always in the most crucial times that either they show up or regain their powers. And it's in those moments that the cinema explodes in cheer. It's as if the hero's presence gives a source of strength to all who look up to them.

David had felt this in a very real sense. God's presence gave him the most secure feeling, as if nothing can ever bring him down. How do you think David was able to feel God's presence? How can you feel God's presence?

2. School requirements, social media, expectations, and peer pressure – this is what surrounds the Youth today. It seems as though the only way to rise with the current is to brave the waters, regardless. But God tells us to, "Be still." What are the ways that we can be still with all the seemingly urgent things that happen daily?

God also tells us to "know that I am God." What does it mean for us to pursue knowing God? Who is this "Lord of hosts" that is with us that David called his refuge and strength?

3. How can you apply in your life the truth that God is your refuge and strength?

### **Questions for Children**

1. This psalm teaches us not to worry because God is with us. What are some of the things that make you worry? Why do they make you worry?
2. This psalm describes God as a fortress. It is a place of safety and security. Do you see God in the same way? Why or why not?
3. God has full control over all creation. This includes the things you shared in the first question. How can God help you overcome the worries you shared earlier?