



# LEADER LESSON

## PSALM 46:1-3



### LEADER TEACHING TIP

Look for opportunities to break up into clusters for a short period of time on small group nights. (Example: for prayer time or for sharing “when did you see God show up in your life this week?”).

### INTRODUCTION (15 MINUTES)

#### Pray

Open your time together in prayer.

#### Checkpoint

Since our last small group, did you make time to evaluate your priorities and identify areas where worldly distractions have caused you to look for satisfaction in something other than Him? What did you learn? Explain

#### Video

To view the engage video, please see the instructions stored on the back of the TV in your room. has context menu.

### READ PSALM 46:1-3

### DISCUSSION QUESTIONS (30 minutes)

#### Observation, Interpretation, and Application

1. Where does the Psalmist say God is during times of trouble?  
*God is wholly and completely present.*
2. What does the Psalmist mean by "trouble" in these verses?  
*Trouble is any affliction, suffering, pain, illness, mental struggle, addiction, trauma, bullying, or family struggle you experience.*
3. What's your usual reaction when you're in the middle of a crisis or a catastrophe? Is God the first place you turn to for refuge?
4. What natural disasters does the psalmist describe in verses 2-3?  
*The earth gives way, the mountains are moved into the sea, the earth trembles, and water roars, and foams.*
5. Why do you think the Psalmist chose to describe these natural catastrophes?  
*The Psalmist is saying even in extreme circumstances, God is present and in control. Since God has power over these horrible events, He can take care of any pressure, challenge, or suffering. Life will have trouble and hardships, but God is present and is always in control.*
6. Is it hard to trust God when things go wrong or when your situation doesn't change, even after you've prayed? Explain.
7. Do you ever think of worst-case scenarios that cause you to have fears that are not based on reality?

## Checkpoint Challenge

Pick three "storms" from your life. For each one, write about:

1. **Describe the storm** – What happened?
2. **Your reaction** – How did you feel or respond?
3. **God in it** – How was God present or working through that storm? Journal your thoughts opinions, and feelings. Also, include a Truth about God.

## CLOSING PRAYER IDEA/SUGGESTION (10 minutes)

Listen to an old hymn by [Martin Luther called a "Mighty Fortress"](#). Psalm 46 was the inspiration for this hymn.

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## DIVE DEEPER (RESOURCES FOR STUDENTS WHO WANT TO DIVE DEEPER AFTER TONIGHT)

### Cross References

- Psalm 91:1-9
- Psalm 62:7-8
- Psalm 23:4
- 2 Samuel 22:17-20
- Hebrews 6:18
- Hebrews 13:6