



(New Memory Verse: Psalm 46:10)

A MIGHTY FORTRESS IS OUR GOD!

(Psalm 46)

I. TRUST IN THE PROMISES OF GOD!

1. God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change and though the mountains slip into the heart of the sea; though its waters roar *and* foam, though the mountains quake at its swelling pride. Selah (Psalm 46:1–3).
2. Since all these things are to be destroyed in this way, what sort of people ought you to be in holy conduct and godliness, looking for and hastening the coming of the day of God, because of which the heavens will be destroyed by burning, and the elements will melt with intense heat! But according to His promise we are looking for new heavens and a new earth, in which righteousness dwells (2 Peter 3:11–13).

II. REJOICE IN THE PRESENCE OF GOD!

1. There is a river whose streams make glad the city of God, the holy dwelling places of the Most High. God is in the midst of her, she will not be moved; God will help her when morning dawns. The nations made an uproar, the kingdoms tottered; He raised His voice, the earth melted. The LORD of hosts is with us; the God of Jacob is our stronghold. Selah (Psalm 46:4–7).
2. And in that day living waters will flow out of Jerusalem, half of them toward the eastern sea and the other half toward the western sea; it will be in summer as well as in winter. And the LORD will be king over all the earth; in that day the LORD will be *the only one*, and His name *the only one* (Zechariah 14:8, 9).

III. DEPEND ON THE POWER OF GOD!

1. Come, behold the works of the LORD, who has wrought desolations in the earth. He makes wars to cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariots with fire. “Cease *striving* and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” The LORD of hosts is with us; the God of Jacob is our stronghold. Selah (Psalm 46:8–11).
2. And He will judge between many peoples and render decisions for mighty, distant nations. Then they will hammer their swords into plowshares and their spears into pruning hooks; nation will not lift up sword against nation, and never again will they train for war (Micah 4:3).
3. For the earth will be filled with the knowledge of the glory of the LORD, as the waters cover the sea (Habakkuk 2:14).

LIFE GROUP FLOW AND DISCUSSION QUESTIONS

“A MIGHTY FORTRESS IS OUR GOD”

An important Guideline of Life Groups: Everyone needs a refuge, a mighty fortress in which we feel safe and secure when the world is in turmoil. The Psalmist praises God for being his refuge. Make your Life Group a place people feel safe and secure by looking to the Lord for His promises, His presence and His power.

Getting Started:

1. Has Martin Luther’s hymn “*A Mighty Fortress is our God*” ever been an inspiration to your spiritual journey?
2. How did Jesus’ triumphal entry on Palm Sunday fulfill Scriptural promises/prophecy, reveal God’s presence and display God’s power?

Discussing Truths:

1. Have you experienced “God being your refuge and strength and very present help in trouble” (Psalm 46:1)?
2. As you look at the three times the Psalmist mentions “Selah” (46:3, 7, 11), what do you think he wanted us to pause and reflect on each time?
3. How does the river of living water (Zechariah 14:8, 9) paint a picture of life and spiritual refreshment? What do John 7:37-39 and Ezekiel 47:1-12 have to do with “a river whose streams make glad the city of God” (Psalm 46:4)?
4. Why must we “*cease striving*” in order to truly know God personally (Psalm 46:10)?
5. Do you believe that Micah 4:1-8, which is prophesying about the last days when God will cause wars to cease, is describing the Millennial Kingdom? Why or why not?
6. How has the LORD been a “mighty fortress” in your life during challenging times?
7. Why do you think the Psalmist used “LORD of hosts” = God of angel armies as the God who is with us and is our mighty fortress (stronghold)? See 2 Thessalonians 1:7-10.

Now What? Application:

1. What can you do to rejoice in the presence of God this week?
2. How will you depend on the power of God and exalt Him in your relationships?

