

Adult Impact Study Sheet – August 4, 2024

Read **Psalm 46:1-10**; if possible, from several translations.
For additional insight go to www.studylight.org and www.gotquestions.org.

1. Discuss the who, what, when, and why of verse 1. For example, the who is God.

What does it mean that God is our refuge? (See Nahum 1:7)

What does it mean that God is our strength? (See Isaiah 40:28-31)

What does it mean that God is an ever-present help in trouble? (See Psalm 23:4)

2. Describe what the psalmist may have been experiencing in verses 2-3 and how he chose to deal with them.

Name some other events in the Bible where individuals chose to trust God and the result of their faith.

Name some other events in the Bible where individuals chose not to trust God and the result of their lack of faith.

Why is faith such a powerful force in the life of the person who trusts God?

3. To what is the psalmist referring in verse 4?

4. With the world in turmoil, what hope do we find in verses 5-9?

5. In verse 10 God is speaking. What is He asking of us and what is the reason given?

How do we learn to be still before God and what is the purpose?

6. Again, with the world in turmoil, what is our confidence according to verse 11? How do we learn to rest secure in Him?