

## Week 5 - “Psalm 46 – Confidence In God”

### The Aim of the Session

This session is aimed at using Psalm 46 and the thoughts in it as a time of prayer, when you can bring to God the things of life: in the world around us, in our Church community and in our own lives.

- **Welcome**

What would you love to do in life, if only you had the nerve?

- **Worship**

Spend some time sharing what God has done for you recently. If you have a Prayer Diary, look back through it and see the prayers which God has answered. Share verses or particular things you have learnt or discovered about God's love for you in recent times. Encourage each other with these things and spend a time thanking God for them.

- **Word**

Read Psalm 46:1-3

- What do we need to seek refuge from in our lives?
- What things are in your lives which are causing you to fear?
- How large are the things we worry about – in reality?
- What are the real issues involved?
- Compared with God's eternal love for us, how do they compare?

Spend some time in silence asking God to speak to you in words, pictures or verses.

- Pray about the issues face by individuals in the group.
- Pray for a sense of proportion and understanding of the issues?
- Pray for a trust in God's strength and provision?

Read Psalm 46:4-5

- What does the River represent (v4)? (see Ezekiel 47, John 4, Revelation 21)
- What does the City represent?
- What does the river bring to the City?
- If God is there, how do the residents live as a result?
- And what does God offer to the residents (v6 and also v1)?

We are residents of God's Kingdom and whilst the City may be a destination for the world to come, we already have the promise of a mansion awaiting us (John 14:2).

Spend some time in silence asking God to speak to you in words, pictures or verses.

- Pray that the river will flow in our Church and in our lives.
- Pray that we will live our lives knowing the presence and Kingship of God.
- Pray that the Church will live in the confidence which these verses offer.
- Pray that we will be thirsty for this water.

Read Psalm 46:6-9

- What do these verses say about the freedom God has given his Creation?
- What confidence should it give us when we despair at the world around us?
- What does that mean, practically, in the reality of our lives?

Spend some time in silence asking God to speak to you in words, pictures or verses.

- Pray for the places of war in the world and those who live in fear.
- Pray for those places where there is famine.
- Pray for those affected by the economic situation, especially those who we know.
- Pray that God will show us our responsibility in these areas.

Read Psalm 46:10-11

- What happens when we are quiet before God?
- In what way does God want us to be quiet? Just to not speak?
- How does this affect the way we live?

Spend some time in quiet asking God to speak to you in words, pictures or verses.

- Pray for each other to know God's peace.
- Pray that you will know this quiet in your lives.
- Pray that you will know the confidence of verse 11.

- **Works**

Conclude your time, as you did last week ...

Note in a prayer diary situations and individuals you have prayed for.

“The Grace” is a Prayer we pray over one another, asking for God's Grace, his freely given, abundant love and goodness, to surround us as we go from meeting together. Pray it (slowly), being aware that you are praying for his Grace to be applied into each of the situations and lives you have talked about.



**Next Time ...**

## **Psalms: Seeking God Through Honesty and Reality**

6 – Pentecost “The Power To Live”

Note – the following week (beginning Sunday 31<sup>st</sup>) is going to be a Social Evening / Week. Why not plan a BBQ or Wine and Cheese, or a Social evening where you can invite friends along to the group?