



Our Ever-present Help in Trouble

Psalm 46

Psalms

Lucas Rogers

A. God's ever-presence (Psalm 46.1–3)

B. God's city and our help (Psalm 46.4–5)

C. Our unstoppable God (Psalm 46.6–11)

Notes:

For further study:

- Monday:** Read Psalm 46. What are your greatest fears right now? Are you aware of God's presence in the midst of your fears?
- Tuesday:** Read Proverbs 14.26. Does your fear (awe) of God overwhelm other fears in your life so that you have renewed confidence?
- Wednesday:** Read 2 Peter 3.10–12, Rev. 21.1–3. How does having an eternal perspective enable us to struggle faithfully in present troubles?
- Thursday:** Read Habakkuk 2.20. Do you practice silence before the Lord? What would that look like and why is it important?
- Friday:** Read Matthew 1.23, Hebrews 4.15. What difference does it make to your present struggles that God became one of us?
- Saturday:** Read Matthew 28.20, John 16.33. Is Jesus real to you today? Are you taking comfort in the fact that he has overcome this world?