

PSALM 46

THE BOOK OF PSALMS

- **LET'S TALK**

Most people start to feel uncomfortable with silence after four seconds. How comfortable are you with silence whether within a conversation, a group, or even in a space where you're alone.

Which or what life hardships or scenarios tend to overwhelm you?

What do you do in the face of uncontrollable circumstances?

Talk about a time when you tried to "fix" a situation that was out of your ability to do so and it actually made it worse.

God is "an ever-present help in trouble". What does this mean and how have you experienced his help?

"Selah" is in the Bible seventy-four times, seventy-one times in Psalms. It has a somewhat uncertain meaning and because this is a song it can be related to a moment to take a breath, change of keys, a pause or time of reflection, or to indicate a different direction, topic, focus, or heart change. How do you pause and reflect on God?

What does it mean "to be still and know that I am God"? What's your experience with God's call to be still and know that He is God?

What would you like to bring before God through prayer