



Be Still My Soul



Study Guide

Sunday 24th January 2021

Please read Psalm 46.1-11 together.

Psalm 46.1 God is our refuge and strength, an ever-present help in trouble.

1. How have you experienced the help of the Lord in times of trouble in your life?

Psalm 46. 10 He says, 'Be still, and know that I am God';

2. What's your normal pattern of reactions and behaviour when trouble comes to your life? How have you reacted to the troubles of this pandemic?
3. Is the practice of stillness before God in times of trouble something you have learned to cultivate as a habit? Why is it important?
4. If Jesus is in your boat - while the 'waters roar' - who's in control: you or him?

Please read again Psalm 46.4-11, and John 7.38; 2 Corinth 4.6-9; Revelation 7.15-17; Lamentation 3.21-23

5. Why is this discipline of 'calling to mind' the faithfulness and strength of the Lord – in the past, the present and the future – important for us? How does it encourage stillness in God's presence?

Psalm 46. 1 God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear. Please read Psalm 91.1-6; Matthew 11.28-29; Luke 13.34

6. How is fear overcome in times of trouble? And what do **we** need to do to experience peace?

Please read Exodus 14.10-14

7. How does this passage speak to you at the moment?
8. How might we develop the habit of praying for/trusting for/anticipating the supernatural work of God in our troubles rather than questioning God's control, or his capability or his care in our troubles?