

Songs and Psalms

Week 7 - July 19th - Psalm 46:1-3,10

Main Idea: Since God is our refuge and strength, we can be fearless in even the most frightening circumstances or when surrounded by our most powerful enemies.

Read: Psalm 46:1-3 and 10

- **1** God is our refuge and strength, always ready to help in times of trouble. **2** So we will not fear when earthquakes come and the mountains crumble into the sea. **3** Let the oceans roar and foam. Let the mountains tremble as the waters surge!
- **10** "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." **11** The Lord of Heaven's Armies is here among us; the God of Israel is our fortress.

Questions:

- What does it mean for God to be our refuge and strength?
- When have you noticed God in your 'ever-present' troubles?
- What troubles in your life feel as large as the troubles in verse 2 and 3? (waters roar, mountains quake ect...)
- How can we 'be still' at home?
- How do you feel after reading this? How does this help you look at your troubles?

Song List:

- Be Still and Know (Travis Green)4:
- Oceans (Hillsong)

Pre-School Version:

- Read the verse and play 'red light, green light'
- It is a great way to teach your kids about being still.

Activity: Stop Light Snacks

- You will need graham crackers, (cream cheese, frosting, nutella, peanut butter ect...) and red, yellow and green m&m's or other colored candy!

