



STORM SHELTER

A STUDY IN PSALMS

THE SHELTER OF GOD'S PEACE

BIG IDEA: God is the source of peace in the midst of turmoil.

DATE: September 21, 2025

SCRIPTURE: Psalm 46:1-11

OPENING QUESTION

A Moment of Peace Exercise: Was it challenging being still and quiet for that time? Did your mind start to wander about your to-do list? Did you feel at peace?

THE SETTING

Based on the inscription of this psalm, it's a choir anthem for congregational worship. Based on the content, it is somewhat akin to the hymn "A Mighty Fortress is our God" (which was inspired by this psalm) or "It is Well with My Soul." The psalm celebrates God's great strength in all situations and identifies why His people can experience peace and security, specifically in times of trouble.

SCRIPTURE READING

Psalm 46:1-11 (HCSB)

"God is our refuge and strength, a helper who is always found in times of trouble. ²Therefore, we will not be afraid, though the earth trembles and the mountains topple into the depths of the seas, ³though its waters roar and foam and the mountains quake with its turmoil.

⁴There is a river – its streams delight the city of God, the holy dwelling place of the Most High.

⁵God is within her; she will not be toppled. God will help her when the morning dawns. ⁶Nations rage, kingdoms topple; the earth melts when He lifts His voice.

⁷The Lord of Hosts is with us; the God of Jacob is our stronghold. ⁸Come, see the works of the Lord, who brings devastation on earth. ⁹He makes wars cease throughout the earth. He shatters bows and cuts spears to pieces; He burns up the chariots. ¹⁰"Stop your fighting – and know that I am God, exalted among the nations, exalted on the earth." ¹¹Yahweh of Hosts is with us; the God of Jacob is our stronghold."

DISCUSSION

READ PSALM 46:1-11

What emotions do you experience when you read Psalm 46? Verse 10 is more widely translated as "Be still, and know that I am God!"

REREAD PSALM 46:1-3 and circle up to answer these questions:

- ❖ Where do *you* go to experience peace? Besides God, where do most people seek peace?
- ❖ What are some things you tend to cling to instead of God?
- ❖ On a scale of 1-10 with 1 being "I'm fighting for peace" and 10 being "I am able to be still and know that He is God" - How would you rate yourself? Explain your answers (if you are comfortable.)
- ❖ God is our Refuge, Strength and Helper. Which of these three resonates with you right now and in what way? How are they different?

READ Psalm 46:4-7

The psalms are flooded with references to water in different forms. Write down any emotions you feel in connection with the images below.



READ Psalm 46:8-11

- > What practical steps can we take to seek God instead of our own ideas for peace in the moment?
- > Do you know someone going through a particularly challenging time?
- > What actions can you take this week to share your source of peace with them?

SUMMARIZE & CHALLENGE

You are going to face turmoil every day. That's not a pleasant reality, but it's true. Fortunately, you can actively choose to make a resolution in the face of turmoil. Be intentional to let God work a revolution in your life – a revolution of His peace and presence. We *can* experience God's supernatural peace as we trust in His goodness and power.

Reflect on the words to Martin Luther's hymn, "A Mighty Fortress is Our God" which is based on Psalm 46.