

Life Lessons from Book of Psalms

LESSON 6: RESTING IN GOD

REFLECTION

Begin your study by sharing thoughts on this question.

**1. What were some of your childhood fears?
How did you get over those fears?**

BIBLE READING: Psalm 46:1–11 NIV

¹ [For the director of music. Of the Sons of Korah. According to alamoith. A song.]

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

2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

3 though its waters roar and foam and the mountains quake with their surging.

4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

5 God is within her, she will not fall; God will help her at break of day.

6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

7 The LORD Almighty is with us; the God of Jacob is our fortress.

8 Come and see what the LORD has done, the desolations he has brought on the earth.

9 He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.

10 He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

11 The LORD Almighty is with us; the God of Jacob is our fortress.

DISCOVERY

Explore the Bible reading by discussing these questions.

2. How can you overcome fears?

3. How does God protect his people?

4. Why is this psalm comforting to you?

5. How can remembering God's power bring us peace?

6. What amazing things has God done for you?

INSPIRATION

When I was ten years old, my mother enrolled me in piano lessons. Now, many youngsters excel at the keyboard. Not me. Spending thirty minutes every afternoon tethered to a piano bench was a torture just one level away from swallowing broken glass. The metronome inspected each second with glacial slowness before it was allowed to pass.

Some of the music, though, I learned to enjoy. I hammered the staccatos. I belabored the crescendos.... But there was one instruction in the music I could never obey to my teacher's satisfaction. The rest. The zigzagged command to do nothing. Nothing! What sense does that

make? Why sit at the piano and pause when you can pound?

“Because,” my teacher patiently explained, “music is always sweeter after a rest.”

It didn’t make sense to me at age ten. But now, a few decades later, the words ring with wisdom—divine wisdom.

(From The Applause of Heaven by Max Lucado)

RESPONSE

Use these questions to share more deeply with each other.

7. What does it mean to be still before God?

8. What happens when we don’t take time to be quiet before God?

9. What keeps you from spending time with God?