

## Week commencing 15th June House Group Bible Study Prepared by Sallyann Clark

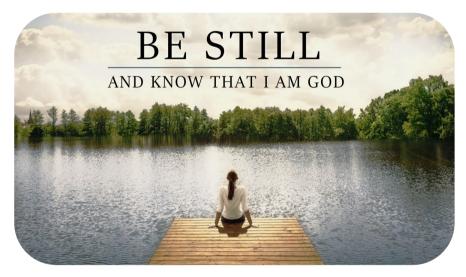
As our previous 'Lockdown Bible Studies' swirled in my head they slowly formed a question:

## As a Christian, what am I supposed to do?

Now daily I seem to veer from worry, stress, joy and an urge to be over productive and an urge to do nothing as my response to the situation we are in. I wanted to know what God tells me to do in times of trouble.

I was led to Psalm 46.

1 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.

Interestingly, alone the often quoted verse 10, 'Be still and know that I am God.' didn't give me as much insight as I had expected, until I looked at it in the context of the whole psalm.

This psalm is not a call to be passive, it is a call to actively trust and fully know God. To do this we have to actively quieten our hearts, let distractions fall away, so that we can focus on God.

What things have you noticed distracted you from meeting with God before lockdown that have now disappeared?

The focus of this psalm is on a powerful, victorious and faithful God who has bought the Israelites through many disasters and even in the worst of calamities God's character held true. He is the Lord of Hosts whose voice causes nations to tremble, your fortress in times of disaster and so, as the earth shakes, mountains crumble, water foams and churns we can quiet our hearts in the Lord. We can find peace and rest in his character when chaos is all around us. *Hebrews 13:5, 'I will never fail you. I will never abandon you.'* is a message we can take to the world but first we have to be still and know that Jesus is Lord.

How can we get to know the Lord better during this time?

As we read our bibles we will notice all the 'but God' verses mentioned a few weeks ago. These verses show us that throughout history God has held the ending of our stories in His hands. Evil works to harm God's people, BUT GOD redeems our lives

for Himself no matter what the circumstances. What the enemy means for evil, God uses for good. So what we need to do is be still and know that He is God!

As this psalm is often said to be Luther's favourite I have included a link to the <a href="https://www.hymn.com/hymn.co

https://youtu.be/oNeP7bGagqg https://youtu.be/nbr-Oky1qV0

