



## LOVE

**A new commandment I give to you, that you love *one another*... (John 13:34)**

- *Internal*: How was your week...anything new?! How was your walk with the Lord this week?
- *External*: Is there any individual or family who is struggling or needs encouragement from us?

## TRUTH

**Let the word of God dwell in you richly, teaching and admonishing *one another*... (Col. 3:16)**

1. When you reflect on the message from Sunday, what most resonated with you?
2. Let's read our primary text. Have you ever considered the meaning of the superscriptions above many of the Psalms? The Psalm 46 superscription reads, "To the choirmaster. Of the sons of Korah. According to Alathon. A Song." What do you think all of this means?
3. When you think of the word *refuge*, what comes to mind? Why do people seek refuges in times of crisis?
4. What does verse 1 tell us about who God is and what He provides?
5. What current fears or uncertainties tempt you to rely on something other than God for security?
6. Why is the repeated phrase "The LORD of hosts is with us" important (vv. 7, 11)?
7. What does "Be still, and know that I am God" mean in context (v. 10)?
8. What does "being still" before God look like in your daily life?
9. How would memorizing this Psalm help you in times of trial?
10. Any other thoughts you would like to share before we wrap up this text?

## GREAT COMMISSION

**Go therefore and make disciples of all nations... (Matt. 28:19-20)**

- Did you disciple your family well this week? Is it apparent to others that Jesus is the reason for your hope in your daily activity? Would anyone like to practice sharing the gospel with the group?

## CONFESS/PRAYER/REPENTANCE

**But exhort *one another* every day, as long as it is called "today,"... (Heb. 3:12-14)**

- Confession is agreeing with God about our sin according to the Scriptures. Is there anything you want to confess before the group? [*apathy, idolatry, selfishness, jealousy, anger, envy*]
- Let's pray, asking God to help us apply His word to our lives, putting to death sinful desires.