



## 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?

**[Dialogue]**

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?

**There are 4 people named Korah in the Bible (one of them was made famous due to disobedience, see Numbers 16:41-50). During the time of King David, the sons (descendants) of Korah became the leaders in the choral and orchestral music in the tabernacle. There are eleven Psalms attributed to the sons of Korah (Psalm 42, 44-29, 84-85, and 98-88). Also, the word "Alathon" means "young woman" in Hebrew, which suggest the song be sung in a higher pitch.**

3. When you think of the word *refuge*, what comes to mind? Why do people seek refuges in times of crisis?

**A refuge is a place of safety, protection, and stability. People seek refuges because they recognize their vulnerability and need for something stronger than themselves.**

4. What does verse 1 tell us about who God is and what He provides?

**God is described as a refuge (protection), strength (power to endure), and an ever-present help (reliable and near). He is not distant or unreliable in times of trouble.**

5. What current fears or uncertainties tempt you to rely on something other than God for security?

**It may be health, finances, relationships, but the psalm calls believers to trust God rather than circumstances.**

6. Why is the repeated phrase "The LORD of hosts is with us" important (vv. 7, 11)?

**It emphasizes God's covenant faithfulness and protective presence. "LORD of hosts" highlights God as commander of heavenly armies, fully able to defend His people.**

7. What does "Be still, and know that I am God" mean in context (v. 10)?

**It is a call to cease striving, surrender control, and recognize God's supreme authority. It is not passive silence but active trust in God's rule.**

8. What does "being still" before God look like in your daily life?

**It may involve prayer, repentance, trust, waiting, and resisting the urge to control outcomes apart from God.**

9. How would memorizing this Psalm help you in times of trial?

[\[Dialogue\]](#)

10. Any other thoughts you would like to share before we wrap up this text?

[\[Dialogue\]](#)

## 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 the reason for your hope in your daily activity? Would anyone like to practice sharing the gospel with the group?

## CONFESSTION/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.

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Sources:

- ESV Study Bible Commentary
- AI Resources (Chat GPT, etc.)