

Questions for Reflection and Discussion

Psalm 46

Digging In

1. Name three of the most troubling things you see that are happening in the world today. Are these more troubling than personal issues you are experiencing? Explain.
2. Which of these two passages in Psalms are the most helpful to you in these days? (Psalm 62:1 and Psalm 46:1-2)
3. Are there other Scriptures that bring you comfort?
4. In John 14 Jesus said, "Let not your hearts be troubled." This tells us we have a choice. How do I choose not to be troubled?
5. Jesus told us not to be troubled and then right after that said He was coming to get us to be with Him. Do you think He is coming soon? Explain why you think that.
6. How does Psalm 46:1-2 help us in these troubled times?
7. What do you think Psalm 46:10 means when it says, "Be still and know that I am God"?



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