

7. **READ PSALM 19:7-11.** This Psalm speaks of the importance of God's word in our lives. How do the scriptures act as a place of refuge?

What are some of your favourite scriptures that act as a refuge for you in times of trouble?

8. **READ PHILIPPIANS 4:4-7.** These verses remind us that prayer is important in the life of every believer. How is prayer a place of refuge for you?

Response – Making it Practical

1. What is going on in your life right now that is overwhelming you? What steps can you take to find refuge in God?
2. What habits and practices can you develop in your life to “be still and know that [God] is God”?

You can access more messages on our sermon page at www.villagegreen church.com.

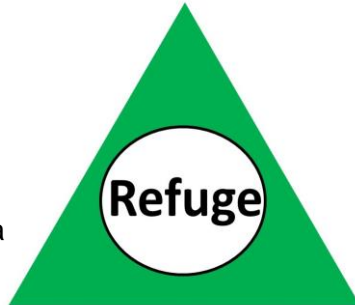
We're also on Facebook and iTunes.
You can also check out the Pastor's Corner on our website.

Life Group Study Notes

Study based on Psalm 46 - February 26, 2017

Being surrounded can make us feel trapped, it can leave us filled with fear, worry and a deep sense of hopelessness, especially when there seems to be no way out.

What do we do when life backs us into a corner and fear surrounds us? Where can we run and find rescue? Where is there a refuge?



Study – Discovering What the Bible Says

1. When you've had a busy day, a heavy day, a hard day – what brings you rest?

Read Psalm 46

2. What phrase is repeated twice in this Psalm? Why would this truth be so important for the people of Israel? Why is it so important for us as Christ followers?
3. When real tragedy strikes in life and our own inability to cope or understand comes into question, most people (even non-believers) will "say a prayer" and come to God. Why?

4. Have you experienced verse 1 to be true in your own life? Take some time to share your stories together as a group.

Take some time right now in the middle of your study to pray together and thank God for his help in times of trouble.

5. Three main points were discussed in the message. What were they? Discuss any comments or questions that come out of each one?

IN AN EVER _____ WORLD, GOD IS THE ONLY _____.

THROUGH IT _____, GOD IS _____ WITH US.

FAITH IS _____ BY WHAT WE CHOOSE TO _____ ONTO.

6. **READ EPHESIANS 4:1-6.** These instructions are given by Paul to the church in Ephesus. How does God use the church as place a refuge for those living in a broken world?