



How To Overcome *Discouragement*

Psalm 46

Psalm 46

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.(1-3)

There is a river whose streams make glad the city of God, the holy place where the Most High dwells.(4)

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth. (10)

Reflection Questions

1. Have you ever felt like you were falling apart, shaken or overcome with discouragement? What caused this?
2. What are some circumstances we hear about in the news right now that show our world is chaotic, dangerous and falling apart? What are our common responses in situations like these?
3. What is the river of God in verse 4? How does God's presence help us overcome discouragement and fill us with joy in the midst of chaos?
4. To drink from this river we must be still (v10). Why is this so difficult for us? What are the assuring facts about God in this Psalm that help us accept our weakness?

Application Questions

1. What is discouraging you today? Read through Psalm 46 again and choose to drink from the river of God and be with Him. Take time to be still in His presence, and accept His strength, help, protection and peace.
2. We all experience times of discouragement. Highlight or note down this Psalm for when you have opportunity to encourage someone else whose confidence, courage or enthusiasm is being shaken.

This week we are listening to

Resurrecting
Great Are You Lord
I Lift My Hands
A Mighty Fortress is Our God

Other Scriptures to consider

Psalm 27
Isaiah 41:10, 54:10
Matthew 11:28
Revelation 22:1-5

Notes

Fact 1: God can and will

Fact 2: God is

Fact 3: God can and will

Fact 4: Though the world is

God can and will