



Discussion Questions

Psalm 46



What stood out to you in the podcast and/or in the reading of this Psalm?



What areas of your life do you most often struggle with worry, anxiety, or fear?
What truths from this Psalm do you need to sink deeper into your heart?

How is the city of God described? How does your heart respond to this picture?



Why is it important to meditate upon God's past victories? How does taking our eyes off of ourselves and onto who God is and what He has done help us in our present trials?



What is God's command to us in verse 10? What does this look like practically? Do you struggle with living this out?



What truths in this Psalm encourage your heart? Which truths challenge you?

