

Psalm 46 || Chill Ep. 5 Let Go-Let God

Welcome/Introduction

What would have to be true of someone before you placed into their hands the thing you are most afraid to lose?

We can let go only as we come to _____ the One into whose hands we place what we hold.

C = Come to Him (Psalm 34) H = Hide in Him (Psalm 27)

I = I Am (Psalm 145) L = Let Go L = Let God

Those measurements keep moving. _____ does not.

A better question: What have I _____ of God that enables me to trust Him more?

What does my _____ reveal about where I still struggle to trust His rule?

Psalm 46: A Song of Confidence

“But the sons of Korah did not _____.” (Numbers 26:11)

A family name once associated with rebellion became associated with _____.

Psalm 46 was written to be _____ as the shared confession of God’s people.

God Is Our Refuge and Strength (vv. 1–3)

Underline the first word of verse 1: _____

Hebrew phrase: Elohim lanu = “God _____ us.”

מָחֹסֶה machaseh = _____

זָלָה oz = _____

“A very present help” can also mean “always found” or “well-_____.”

Trouble is often where God’s people discover again how _____ and dependable He is.

“Therefore we will not _____.” Fear magnifies disaster while shrinking our awareness of God.

מוֹט mot = to totter, slip, shake, or be _____.

In v. 2 the mountains are moved; in v. 5 the city shall not be _____.

הָמָה hamah = to roar, rage, or be in tumult (waters in v. 3; nations in v. 6).

What gives God’s people rest while everything shakes? They know who God is before _____ tells them what the shaking means.

A River and the City of God (vv. 4–5)

Two waters: outside the city, the sea _____; within it, the river brings gladness.

מִשְׁכָּן mishkan = _____

Dwelling is more than visiting; it carries the idea of settling in, remaining, and making a _____.

עֵלְיוֹן Elyon = _____

The God above all things has chosen to dwell in the _____ of His people.

Who is the “her” in v. 5? _____

Reading ourselves into the text is called _____; drawing out the author’s meaning is _____.

Mountains move—mot. The city shall not move—bal timmot. Kingdoms totter—matu.

What gives the city stability? _____

The Voice and the Fortress (vv. 6–7)

The waters roar. The nations rage. God speaks. Which voice determines the _____?
YHWH Tseva'ot = the LORD of _____ / armies.
The Commander of heaven's armies is sovereign over every _____ power.
עִמָּנוּ immanu = _____
We hear the same word in Immanuel: "God _____ us."
מִשְׁגָּב misgav = a high, secure _____.
"The God of Jacob" reminds imperfect people that God remained _____ to His promises.
Psalm 46 helped inspire the hymn: "A Mighty _____ Is Our God."

Come and Behold (vv. 8–9)

לֵךְ לֵךְ lekhu chazu = "Come, _____."
Both commands are plural: the psalmist calls the whole _____ to look with him.
Fear directs our attention toward every possible outcome; v. 8 redirects our eyes toward the _____ of the LORD.
מִפְעֻלֹת mif'alot = deeds, works, _____.
שְׁמוֹת shamot = desolations, devastation, _____.
"Come and see" carries both wonder and holy _____.
מַשְׁבִּית mashbit = to cause to cease or bring to an _____.
"He makes _____ cease to the end of the earth."
Prayer: Lord, break the bow of my _____ and shatter the spear of self-reliance.

Be Still and Know (v. 10)

The command first addresses the raging _____: cease resistance and acknowledge God's rule.
הֲרִפּוּ harpu = cease, release, _____.
What have my hands been doing since I placed my concerns before God?
וְדַע ude'u = "and _____."
ki anokhi Elohim = "Know that _____ am God."
Our deepest help is the knowledge of God—His nature, character, works, and _____.
"I will be _____ among the nations; I will be _____ in the earth."

God Trains His People to Notice

God gave Israel repeated words, images, songs, patterns, and even a _____ to train remembrance and expectation.
Bible-study habit: "Where have I heard this before? What is God helping me _____?"
Jesus: "Come and you will see." (John 1:39) Philip: "Come and see." (John 1:46)
The Samaritan woman: "Come, see a man..." (John 4:29)
At the empty tomb: "Come, see the place where He lay." (Matthew 28:6)
Come and see—then go and _____.

Closing Reflection & Invitation

Come because God _____. Hide because He _____. Know the I AM because His character gives confidence.
Let go because God is fully able to _____ what we release.
When the waters roar, which voice determines the outcome? _____
What have I seen of God that enables me to trust Him more?
"The LORD of hosts is with us; the God of Jacob is our fortress."