

...Final Session...

Let's get to know one another...

We're glad you're here. If you completed the previous lesson, please share your thoughts on all the following.

If you're new or weren't able to dwell in Psalm 46 through the daily lessons, please reserve your sharing for the starred (**) questions.



**We just finished dwelling through Psalm 46, let's read that aloud. (Printed on the back.)



**Share a memorable meal or dish you've ever...

- had on vacation
- made yourself
- had that a friend/family member made
- had at a local restaurant



Our theme in this study has been, "Rethinking Rest and Stress." In what ways has dwelling in the Psalms that we've covered helped you rethink?



**What are areas of "refuge" or "strength" might people go to who are not trusting in God?



Has knowing and trusting "the LORD Almighty...the God of Jacob" (Ps. 46:7) made a difference in the way you handle/respond to stress? Why or why not?



Share your response to any of the "Apply" questions from the Psalm 46 study.



Share your "Create & Share"



Hey, we're glad you're here!

Take a minute to check in on Instagram or Facebook, share a photo of your group, tag a friend, and let others know you're at La Mirada Church with LMC Women



... Notes ...

You can also listen to the recording of each talk on the Dwelling Richly podcast.

Psalm 46

¹ God is our refuge and strength,
an ever-present help in trouble.

² Therefore we will not
fear, though the earth give way
and the mountains fall into the
heart of the sea,

³ though its waters roar and foam
and the mountains quake with
their surging.

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

⁵ God is within her, she will not
fall;
God will help her at break of
day.

⁶ Nations are in
uproar, kingdoms fall;
he lifts his voice, the earth
melts.

⁷ The LORD Almighty is with us;
the God of Jacob is our fortress.

⁸ Come and see what
the LORD has done,
the desolations he has brought
on the earth.

⁹ He makes wars cease
to the ends of the earth.
He breaks the bow and shatters
the spear;
he burns the shields with fire.

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

I will be exalted in the earth."

¹¹ The LORD Almighty is with us;
the God of Jacob is our fortress.