

Small Group Discussion Questions

Series: Psalms: Greatest Hits

Speaker: Jay Haugh

Message: Be Still

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Memory Verse: Psalm 23:4 NIV

Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.

The goal of these questions is to foster meaningful discussion and to encourage participants to reflect on God's Word to lead to heart transformation. Feel free to modify or expand upon these questions based on the dynamics and needs of your Small Group.

Big Idea: In our greatest need and danger, we can be still and trust the promises of our powerful and present God.

Read Psalm 46

1. When you find yourself in a place of distress, what is your typical response? Do you find it easy or difficult to turn to God in these moments? Do you view God in the same way as the psalmist, as one who is always ready to help in times of trouble?
2. When things that were thought to be strong and stable show themselves not to be safe or secure, how does this make you feel? What kind of things or situations make you fearful (health, marriage, finances, kids, etc)? What are your current top three fears (*concerns not phobias*)?
3. The psalm acknowledges fear, but emphasizes trusting God through it. Have you ever experienced a situation where fear has paralyzed you? How can we better process negative emotions like fear without letting it direct our lives? How can you cultivate a deeper trust in God's presence during these times?
4. The psalm describes a river bringing gladness to God's city. What are the things in your life that bring you true gladness? How can you share that gladness with others,



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in such a way that it reflects God's love?

5. In this psalm we see the contrast between the chaos of the world and the peace provided by God. As a follower of Christ, how should our lives and posture be different from the world when we experience trials and difficulties? When have you experienced this peace amidst chaos?
6. While wars and battles rage around us, God says to “be still”. If you were in the middle of a battle and someone told you to do this how would you react? Sometimes, trusting God can be difficult, especially during challenging times. Think about a recent situation where you struggled to be still and trust God's plan. How did you navigate those feelings?
7. In today's busy world with so many things vying for your attention, how can you intentionally create space in your life to be still? If this is an area where you struggle, what do you think the root issue is that prevents you from being still? What is something you can remove from your schedule (e.g., less social media time) to make space for God?
8. The command of “be still” is followed with a second, “know that I am God”. How would you describe your current relationship with God? What are some ways you can deepen your understanding of Him? What spiritual practices have you found most helpful in connecting with God?



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