Pray together to enter the study
Read text aloud (2-3 verses per person)

FRAME *2 min to read aloud*

A poem/song written by David, a king who was an early follower of God.

David went through many trials while being king including being hunted and persecuted. He wrote the Psalms describing God and His character during both good and bad times.

OBSERVE

5 min to reflect alone, 5 min to all share

Imagine yourself in the story. What do you see, hear, and smell?

Look for repeated words, comparisons, contrasts, and cause and effect.

Note characters, relationships, locations, time, actions, and reactions.

INTERPRET

3 min to gather q's, 12 min to discuss

Develop some questions based on your observations. What stirs your curiosity?

Imagine the perspective of the people in the scene.

Answer your questions from the text and context.

SUMMARIZE & SPOTLIGHT

1 min to read the summary aloud

David writes how God helps him and will help him even in desperate situations.

3 min to individually write a main point
2 min for all to share, end with leader

WEEK 10: RESTING IN JESUS

Psalm 46 (NIV)

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.

INVITATION

5 min for individual reflection, 5 min to share as a group

Difficult situations are and always will be part of healthcare. What is making or makes you feel most vulnerable or unsafe? Take one verse from this Psalm that stands out to you. Breathe in slowly as you say the first half; breathe out as you slowly recite the second half (this is called a breath prayer!). Write the verse where you will see it during stressful times. Use the breath prayer to remind that God is our refuge and strength.

CONCLUDE

5 min to pray for each other and your applications

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