

Week Four - *Steering into the Skid*

Psalm 46:1-11

Spend FIFTEEN – Day One

1. To begin your week, read Psalm 46:1-11. Verse 1 says, “God is our refuge and strength, an ever-present help in trouble.” What does ever-present mean to you?
2. Is it hard to understand or comprehend that God really is ever-present?
3. What does it mean to *you* that God is our refuge and strength?
4. We often don’t truly live as if God is our one refuge and strength. Do you? Why do you think we have such a hard time living this way?
5. To finish your FIFTEEN for today, spend some time in prayer, thanking God for his ever-present love and protection. Ask him to help you better appreciate and better trust in his care.

Spend FIFTEEN – Day Two

6. To begin your FIFTEEN for today, read Psalm 46:1-11. Did anything new or different stick out to you today? If so, what?
7. Have you ever felt like the earth was giving way and the mountains were falling into the sea? When was the last time you felt that way? Did you feel afraid?
8. When change comes, when chaos happens, when trouble arises, how do you typically respond? Do you fight it? Do you embrace it? Do you try to control what you still can?
9. How has this response worked for you in the past? How is it working for you now?
10. Before finishing your FIFTEEN for today, ask God to help you better handle change and stress in your life. Ask him to help you rely more fully on him and respond to chaos in your life as he would want you to.

Spend FIFTEEN – Day Three

11. To begin your FIFTEEN for today, read Psalm 46:1-11 again. What do you think verse 6 means when it says, “He (God) lifts His voice, the earth melts”?

12. Look at verse 7 again. How does this make you feel? Do you really *believe* it? Do you *trust* in it?

13. Admittedly, it's hard to always keep in mind, but those words in verse 7 *should* give us comfort and peace and safety. What can you do to keep them in mind?

14. Take some time to recall even just a few of the *many* stories in the Bible that show God's ever-present love and care for his people. Think about Noah and how he and his family were cared for during the flood. Think about Joseph when he was sold into slavery. Or think about Daniel in the lions' den. We could go on and on with stories like this. Which stories bring you the most comfort and why?

15. Before ending your FIFTEEN, spend some time recalling more of those stories from all over when it looked like everything was out of control, but God was right there. Thank God for his constant presence in our lives.

Spend FIFTEEN – Day Four

16. Psalm 46:10 says, "Be still, and know that I am God." What does it mean to you to be still before God?

17. Do you ever take time to just be still before God, meditating on his goodness, mercy, and love?

18. If so, how do you feel after?

19. Do you find it easy to just stop and be still before God? Why or why not?

20. Does our culture and world make it easy to just stop, rest, and be still?

21. Finish your FIFTEEN for today with some prayer time. Ask God to help you spend more time being still, just listening to him and quietly relying on his strength and provision.

Spend FIFTEEN – Day Five

22. To begin your final FIFTEEN for the week, read Psalm 46:1-11 one more time. Did anything new or different stick out to you today? If so, what?

23. Verse 11 says, "The Lord Almighty is with us; the God of Jacob is our fortress." Does that sound familiar? Why do you think these words are repeated twice in this passage?

24. What have these verses taught you this week about how to handle change and stress?

25. Does it make sense that being still and not trying to control things would help when adversity comes? Is being still something that comes easy for you? Why or why not?

26. End your FIFTEEN by asking God to remind you of his ever-constant presence and to help you better give up control of your cares and worries to him. Then, throughout the day and the rest of the weekend, try to be intentional about being still and spending some time with God.