

Falling on a Faithful God

Psalm 46

September 27, 2026 | Pastor Mike Foster

⇒ **He is safe and strong – run to Him!**

⇒ **He sustains and satisfies – rely on Him!**

⇒ **He is good and sovereign – rest in Him!**

FOR FURTHER ACTION/REFLECTION

- Memorize Psalm 46
- Read 1 Corinthians 10:13, 2 Corinthians 4:7-10, 16-18, Romans 8:18-30, 1 Peter 1:3-9
- Read “God can handle your crisis” – bit.ly/GodHandleCrisis
- Learn about the concept of an “Anti-Psalm” – bit.ly/Antipsalm23
- Engage with the “SING” daily devotional resource – bit.ly/SingDevotion
- Listen to “Trust in God” – bit.ly/TrustInGod2
- Listen to “Elohim” – bit.ly/Elohim3
- Listen to “God Problems” – bit.ly/GodProblems2
- Read *Walking with God through Pain and Suffering* by Timothy Keller
- Read *God’s Grace in your Suffering* by David Powlison

GROUP DISCUSSION QUESTIONS

1. What stood out to you the most from the message?
2. Read Psalm 46:1-3. Describe a time when your life felt chaotic or out of control. How did you see or experience God during that time? Did you draw near to him or feel distant from him?
3. Consider the “Anti-Psalm” we talked about in the message. What are some lies we are tempted to believe about God, ourselves, or life in general when life is falling apart? How can we silence these lies and stand on God’s truth?
4. Read Psalm 34:18. How does God’s presence make a difference in times of trial? And how do we experience God’s presence when we can’t physically see him or feel him?
5. Read Psalm 46:4-7. What does the “river” of verse 4 seem to represent?
6. What false or incomplete sources of help and life are we tempted to look to during trials? And how do they compare with God’s “river”?
7. Read 2 Corinthians 4:7-10. In what ways do you relate to the experience of these verses?
8. Read Psalm 46:8-10. What can we trust about who God is and what he is doing during times of crisis and chaos?
9. The idea in the phrase “be still” involves letting go and surrendering. Share about a time when you surrendered and found great rest in God.
10. Read Matthew 11:28-30. Do you know the joy and rest of salvation in Christ? How can you be sure that you are a child of God who can rest eternally secure in the arms of God?

