

There is a River!

Psalm 46:4-7

October 11, 2026 | Pastor Mike Foster

⇒ God's Presence – He's with you! (vv. 4-5)

⇒ God's Promises – He's got you! (v. 5)

⇒ God's Power – He's for you! (vv. 6-7)

⇒ Our Response – Be still and be glad!

FOR FURTHER ACTION/REFLECTION

- Memorize Psalm 46
- Read 1 Corinthians 10:13, 2 Corinthians 4:7-10, Deuteronomy 8:2-3, James 1:2-4, Psalm 2, John 4
- Read "God can handle your crisis" – bit.ly/GodHandleCrisis
- Engage with the "SING" daily devotional resource – bit.ly/SingDevotion
- Listen to "Lord of Hosts (Psalm 46)" – bit.ly/LordofHostsPs_46
- Listen to "Trust in God" – bit.ly/TrustInGod2
- Listen to "O Love that Wilt Not Let Me Go" – bit.ly/OLovethatWiltNotLetMeGo
- 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. Take a minute to recite Psalm 46 together – what one phrase or idea in the Psalm most captures your attention? Why?
3. Read v. 4. Summarize what God means when he says "There is a river."
4. Read Deuteronomy 8:2-3. What are a few times in Scripture when God humbled his people in order that they might learn to depend on him? What can we learn from these patterns?
5. Share about a time in your life when you felt God humbled you. What was hard? How did you respond? Did you see God at work in any ways?
6. Who is someone who has been a good example to you of what it looks like to depend on God daily and even in seasons of suffering. What qualities do you admire about their life?
7. Read Psalm 46:5 and 1 Corinthians 10:13. How do these promises of God specifically encourage you today? In what ways have you seen that trials are always "on a leash and on a clock" as we talked about in the message?
8. Read 1 Corinthians 6:19, Ephesians 3:16-17, and Colossians 1:27. What difference should it make in our lives that God is "within us," that his Spirit dwells in us? For instance, what will be different about your morning tomorrow due to this great truth?
9. Consider all the names of God in Psalm 46 – there are at least 5 of them! What name do you need to remember in the midst of your circumstances today?
10. SELAH – Take a moment to pause and silently reflect on what God wants you to take away from your conversation, and pray together!

