

# Sermon Reflections

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*Fear-Defying Faith* • Exodus Psalm 46

**Summary:** Defy fear through deepening faith, by praying and preaching God's greatness and grace to your soul.

**Three realities that demonstrate that God is our refuge...**

## 1. God's Protection Quiets Your Fear (vv. 1-3)

- Pastor Boom spoke of the time when he and his family were frightened by a tornado, and his daughter reminded him to pray, and prayer brought confidence in God and peace. Can you remember a time when "life got real" for you? What was your default? Have there been times you were afraid and found encouragement through the word or prayer?
- What is the significance of the name "God" found in verse 1? In the Hebrew *Elohim*. (Also Gen. 1:26)
- What is a refuge (v.1), who needs one, and why? Aren't there ways we can protect ourselves from calamity, like planning, practicing safety, prudence, precise money management etc.? Don't these show wisdom and offer security? Why do we need God himself as our refuge? Also, discuss the phrase "present help in trouble." (v.1)

## 2. God's Presence Supplies Your Hope (vv. 4-7)

- How is God like a river that "makes glad" his people? (v.4) Consider this, a river flows. How much of it can you drink? Will it dry up? Etc. What does "when morning dawns" signify?
- What are ways we can take advantage of the blessing of this "river" of who God is? The Lord Jesus said "if anyone thirsts, let him come to me and drink... whoever believes in me... 'out of his heart will flow rivers of living water...' this he said about the Spirit..." (Jn. 7: 37-39a) What are ways we can take advantage of this blessing and "drink," or "sit at God's feet and learn"? (Luke 10:42) What are you doing that shows you are thirsty?

## 3. God's Preeminence Captures Your Worship (vv. 8-11)

- In these verses there are two commands: "Come behold" and "be still." What does "behold" mean and what benefit is it to "behold the works of the Lord"? (Ex. 19:4, Isa. 40: 15, 17) What are ways that we can get a wider view of God, in his being and in his works?
- "Be still." A.) Does this speak comfort to you? Discuss the quote Pastor Boom gave (paraphrase) "Do you gaze at your circumstances but only glance at the Lord?" B.) "Be still" can be translated "cease striving." Does this speak warning to you? Are you fighting against God? Ponder this: He saved Jacob. Jacob was a trickster and rascal. Name some other men in the Bible about whom we see they sinned and yet God saved them. How might this encourage you to trust Him?