

BEING STILL WHEN THE CITY IS BEING SHAKEN

September 28, 2025

Travis Suits // Psalm 46

CONNECT – Announcements (page 2) & Building Relationships

1. Is there anything noteworthy going on in your life since last week? Where have you seen God at work in your life or the lives of others?
2. This week's sermon began with a story about Irving Berlin writing White Christmas out of a stage of grief in his life. What's a song you associate with a specific memory or season of your life (this could be funny or serious)?
3. In Psalm 46, the earth is pictured as shaking and waters roaring. What's the scariest or most chaotic situation you've ever been in — and how did you respond?

REFLECT - Out of the Word and Into Our Lives

4. Read Psalm 46 [have someone read it aloud for group time]. What stood out to you in the sermon this week and what did God reveal to you in His Word, maybe for the first time?
5. What words and phrases in verses 1 through 3 of this psalm symbolize tumultuous situations in life, and what makes some situations in our lives feel like they match these descriptions?
6. How might trusting God as your refuge and fortress in the areas where the “earth gives way” in your life change the way you respond?
7. Read Philippians 4:6-7. What might these verses teach us about “being still” in troubling circumstances?
8. Travis alluded to the stories of Joseph, pharaoh, and David alongside God's assertion in verse 10 that “I will be exalted” “among the nations” and “in the earth” as evidence that “nothing in your story is disconnected from God's story.” How have you seen God bring good even from broken or sinful situations in your past?
9. Travis pointed out that God doesn't lead from a distance but joins us in the battle, like Christ coming to be “God with us.” Where do you need to be reminded that God is with you right now?
10. Why is it significant that God chooses to identify with Jacob (verses 7 and 11) — and with us? How can we draw courage from the knowledge that God is willing to be associated with messy, sinful people?
11. What's one practical way you can “relax” in the Lord (being still without being passive) this week when you face stress or fear?

PROTECT – Care for one another (divided, gender-specific groups)

12. Pair up or go around the circle and share: Where do you feel the “earth is giving way” right now in your life, relationships, or faith?



Pray with and for one another, considering the following prayer prompts: 1) thank God that He is our refuge, strength, and fortress, 2) ask for courage to trust God in circumstances that feel overwhelming, 3) pray specifically for one another to rest in God's presence and protection.

Announcements

Save the date for Church-Wide Game Night on Sunday, October 12 at 5pm! We'll have soup and sandwiches, board games, great fellowship, and fun for the whole family. Watch for signups and more details coming to the Plug-In Portal this coming week. We hope you'll join us!

Individual Options for Going Deeper

What does it mean to "be still" according to Psalm 46:10? Check out this devotional from Our Daily Bread for more:

<https://ourdailybread.org/stay-close-to-god-hk/reflections-on-psalm-46/psalm-4610-11/>