



P-R-A-Y PAUSE PSALM 46

PERSONAL PREPARATION BEFORE THE GROUP MEETS

Thought starter

When in your life do you find yourself anxiously striving? What happens to your relationship with God in those times?

READ PSALM 46

1. What truths does this Psalm teach us of the relationship of God with his people?
2. Which of these truths do you most treasure? Which of these truths do you find hardest to believe?
3. How does Jesus fulfil and amplify & complete these truths?
4. What responses does this Psalm encourage in the people of God?
5. Which of these responses are most often yours? Which are least often yours?
6. As you reflect back on the last week, when you have managed to "be still and to know that the LORD is God"? How might you grow in such "pausing" in your life? (Take some time to ponder this carefully.)

WHEN THE GROUP MEETS

Discussion starter

** Share with each other when in your life you find yourself anxiously striving. What happens to your relationship with God in those times?*

** Share with each other your insights from your preparation in **Psalm 46**? What grabbed your heart & mind? What comforted you? What challenged you?*

READ PSALM 131

** Take time to explore together how this Psalm help us to "Pause" in our lives.*

READ MATTHEW 11:28-30

** What do you understand of Jesus' promise for "rest for your souls"? How can Jesus offer it? How do we receive it?*

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*\* Help each other to think through what changes you might need to make in your lives in order to learn to be still and to rest in the Lord Jesus. (Take time on this.)*

*\* In teaching his disciples how to pray, Jesus began with the words, "Our Father in heaven" (Matt 6:9) How do these 4 words help us to rest in God both in our prayers & in our lives?*

*\* Dane Ortlund, in his book, *Deeper*<sup>1</sup>, writes:- "Don't go through your life without Bible reading & praying. Let your soul breathe. Oxygenate with the Bible; and breathe out the CO<sup>2</sup> of prayer as you speak to God your wonder, worry, and your waiting." What do you find helpful in this encouragement?*

*Pray in response to the teaching of God's Spirit from his Word and from the encouragement of your brother & sisters..*

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<sup>1</sup> *Deeper*, Dane Ortlund ©2021 Crossway p156