

God is our Refuge (Psalm 46)

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Guidelines: Protect confidentiality and follow the leader's prompts

Lectio Divina Rhythms/Process (Repeat three times):

- (a) Read the Scripture passage ("Lectio")
- (b) Reflect on the focus question below ("Meditatio")
- (c) Respond in quiet prayer/journaling ("Oratio")
- (d) Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

Introduction: In the midst of earthquakes, wars, and any situation of anxiety or need we can find refuge in God, our refuge and strength, an ever-present help in times of trouble. This spiritual fortress or city of God is identified by Jesus as the Kingdom of God. Wherever we find ourselves in a given moment in time we can drink from the river whose streams make us glad. So the Lord says to us, "Be still and know that I am God." Or in a word, "Selah."

Opening Prayer: "Be still and know that I am God..." (Psalm 46:10).

Read Scripture: Psalm 46 (NIV84)

For the director of music. Of the Sons of Korah [temple assistants]. According to alamoah [soprano voices]. A song.

1 God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging. *Selah*

4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells. 5 God is within her, she will not fall; God will help her at break of day. 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

7 The LORD Almighty is with us; the God of Jacob is our fortress. *Selah*

8 Come and see the works of the LORD, the desolations he has brought on the earth. 9 He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire. 10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

11 The LORD Almighty is with us; the God of Jacob is our fortress. *Selah*

1st Reading: What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

2nd Reading: Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

3rd Reading: What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.