

# *Finding Peace* **IN A PANDEMIC**

## *Psalm 46*

### *Sermon Notes*

**The Big Idea:** *God is our refuge and strength, a very present help in times of trouble. Therefore, we have nothing to fear.*

He is the **LORD of Hosts** = “*The Almighty God of the armies of heaven*”

- *This* is the God who is with us: The God who commands angel armies.

- 1) *He is our **refuge**.*
- 2) *He is our **strength**.*
- 3) *He is our **ever-present, well-proven help**.*

“Be still and know that I am God.”

- “Be still” = Shut your mouth. Stop your striving. Be in awe. Surrender your life to Him.

***Peace is found by resting in who our God is, knowing that His presence and power are with us through it all, and trusting that He knows what He’s doing even when we do not.***

In the midst of all that is going on, how can we glorify God and love our neighbour?

- 1) *Model peace in the panic (look for ways to share the peace that is found in Christ).*
- 2) *Follow the advice of our government healthcare officials (motivated by love, not fear).*
- 3) *Look for ways to love sacrificially and practically (while maintaining a safe physical distance).*
- 4) *Pray (and ask others how you can pray for them).*

### *Reflection / Family Devotional Questions*

- 1) If you’re with kids, sing the song together: “*He’s Got The Whole World In His Hands*”.
- 2) How can we remember that God is in control when everything seems to be falling apart? What are some practical things we can do every day to *remember*?
- 3) What are the three characteristics ascribed to God in verse 1 and what do they portray about God?
- 4) Verse 2 says, “We will not fear.” Why is it true, as followers of Jesus, that we have nothing to fear?
- 5) In verses 4-5 a river and sunrise (morning dawns) are mentioned. What is significant about a river being near a city and God being present for His people as soon as the sunrises?
- 6) What will be the result of God’s mighty acts on behalf of His people according to verse 10? What eschatological promise concludes this Psalm? How does this give us hope & strength today?
- 7) What comfort can we take from the truths expressed in Psalm 46? How should that change how we live today (in the midst of this pandemic)?