

WEEKLY GUIDE

SEPTEMBER 5, 2021

GATHER!
SUNDAY AND
THURSDAY

TALK!
DISCUSS THE
LESSONS

DO!
PUT THE
LESSONS INTO
PRACTICE

PRAY!
MAKE YOUR
REQUESTS
KNOWN TO GOD

BIBLE READINGS:

Psalm 18:1-6, Psalm 91:1-16, Luke 21:20-21, Revelation 6:15-16, Psalm 46:1-3, Psalm 62:1-12, Psalm 2:12, 1 Peter 2:6, Proverbs 14:26

PSALM 18:1-2

I love you, Lord; you are my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the strength of my salvation, my place of safety, my stronghold.

PSALM 91:1-2

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

REVELATION 6:15

Then the kings of the earth, the princes, the generals, the rich, the mighty, and everyone else, both slave and free, hid in caves and among the rocks of the mountains.

PSALM 46:1-2

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

PSALM 62:1-2, 5-8

Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken. Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

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DISCUSSION:

Have you ever been in a hopeless situation? Overwhelmed? Stuck? Feeling like you are treading water? What did you do? How did you get through it? What advice would you offer others who are facing similar difficulties?

Why is it important to recognize who God is during times of trouble? Why should you affirm your faith and love for God? How does acknowledging where your strength comes from make a difference?

What is the meaning of some of the words the Psalmist uses to describe God (rock, fortress, deliverer, shelter, refuge, shield, strength, salvation, place of safety)? What do these words have in common? How do these words relate to you? In what way does the Psalmist personalize these descriptions? Why is it important to make God *your* refuge?

What kinds of things do people run to in times of trouble? Why do many of the things people look to only provide a temporary or false sense of security? What is the difference between dwelling in your refuge and running to your refuge? Why should we learn to dwell in Christ as our refuge? How do we do this? How does trust play into this discussion? What are some of the benefits of trusting God at all times? Why do many not find rest for their souls? How can you guarantee that you will never be shaken?

APPLICATION:

What impacted you the most from this lesson? What were your big takeaways? What will you apply to your life? How will you put what you learned into practice in your life this week?

SUMMARY:

The Lord is a rock of refuge, the only true place of safety. God alone is to be our refuge in which we dwell. We dwell in Him by trusting in Him at all times. A lot of people see a refuge or shelter as a place to run to in times of trouble. The world has its share of things it looks to for safety, but consider this: Any shelter you have to run to can only provide a temporary or false sense of security. God wants us to dwell in Him. When we dwell in Him, there is no running back and forth. When you dwell in Christ, your soul finds rest and you will never be shaken.

PRAYER REQUESTS:

