

RICHTER SCALE MOMENTS

PSALM 46

¹God is our refuge and strength,
an *ever-present* help in trouble.

²Therefore **we will not fear**, though the earth give way
and the mountains fall into the heart of the sea,

³though its waters roar and foam
and the mountains quake with their surging.

⁴There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.

⁵God is *within her*, she will not fall;
God will help her at break of day.

⁶Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.

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

⁸Come and see what the LORD *has done*,
the desolations he *has brought* on the earth.

⁹He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.

¹⁰He says, “**Be still, and know that I am God**;
I *will be* exalted among the nations,
I *will be* exalted in the earth.”

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

TRANSFORMED BY THE TRUTH

QUESTIONS FOR REFLECTION & DISCUSSION

1. Read Psalm 46 out loud. What is the antidote to fear that is revealed in this song? (Hint: It's near the end.) Does this seem to you like a realistic strategy for achieving peace of mind? Why or why not?
2. What does the writer of Psalm 46 want us to know about God? (Don't just re-write his words; express the truth you find in your own words.)
3. What truth about God is most precious to you in Psalm 46? Why?
4. Do you think that the knowledge of God that alleviates fear is something that can be summoned in a moment of crisis, or is advance preparation required? How can you prepare now for future Richter Scale moments?
5. Why do you think the psalmist repeats the words of verse 7 in verse 11? When has repeating what you know to be true helped you conquer fear?