



## DECLARING A STATE OF NON-EMERGENCY

### READ THE TEXT: Psalm 46

- <sup>1</sup>God is our refuge and strength,  
a very present help in trouble.
- <sup>2</sup>Therefore we will not fear though the earth gives way,  
though the mountains be moved into the heart of the sea,  
[3] though its waters roar and foam,  
though the mountains tremble at its swelling. Selah
- <sup>4</sup>There is a river whose streams make glad the city of God,  
the holy habitation of the Most High.
- <sup>5</sup>God is in the midst of her; she shall not be moved;  
God will help her when morning dawns.
- <sup>6</sup>The nations rage, the kingdoms totter;  
he utters his voice, the earth melts.
- <sup>7</sup>The LORD of hosts is with us;  
the God of Jacob is our fortress. Selah
- <sup>8</sup>Come, behold the works of the LORD,  
how he has brought desolations on the earth.
- <sup>9</sup>He makes wars cease to the end of the earth;  
he breaks the bow and shatters the spear;  
he burns the chariots with fire.
- <sup>10</sup>“Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!”
- <sup>11</sup>The LORD of hosts is with us;  
the God of Jacob is our fortress. Selah



## UNDERSTAND THE TEXT

1. Psalm 46 speaks of the pre-eminence of God  
Pre-eminence = *“The fact of surpassing all others; superiority.”*  
Take time to have each person share one passage of Scripture with the rest of the group that points to the sovereignty and \*pre-eminence of God (v.10).
2. Read Isaiah 40 (or part of it) as a group. What difference does this perspective about God make for you?

## APPLY THE TEXT

1. To *“be still”* (v.10) means *“to show oneself slack, feeble, weak”* ... *“to stand-off, show restraint”* ... **to give up control!** Is it difficult for you to do this? Why?
2. Are you taking daily time to *“be still and know that He is God”* (v.10)?
3. How have you experienced the peace & presence (vs.1-2,10) of God during this time?

## SHARE & PRAY

1. How the group can support each other right now?
  - Suggestions:
    - Discover how you can specifically pray for each other
    - Hold regular virtual meetings (Zoom, Skype, Messenger)
    - Start (if you haven't already) a group text to stay connected throughout the week
    - Form “triads” (groups of three) to call each other regularly to pray for one another, hold each other accountable due to the threats of isolation (depression, addiction, domestic violence), to check in on daily “quiet” with the Lord, and to “spur one another on toward love & good deeds”
    - Consider a games night to connect and have fun by using an app like HouseParty
2. Name the people who live on either side of your address and pray for them as a group.
3. Now strategize one way that you can each *practically* “love your neighbour as yourself” while maintaining that 2m/6ft distance – and clean hands!
  - An email was sent out to Life Group leaders and to Central's e-newsletter subscribers with a number of ideas. Suggest those or other ideas you have among your group. Let's be the hands and feet of Jesus in our neighbourhoods and communities in it's time of need!

