



LIFELINE Discussion Guide

Week of February 27, 2023

1. Read Psalm 46. Did you know that this was the psalm that inspired Martin Luther to write his legendary hymn “A Mighty Fortress is Our God”? Skim down through the verses again. Which phrase here is your favorite?
2. What exactly is a “refuge”? Give a few examples from real life. When might a “refuge” be absolutely necessary in a person’s life? (Think about natural disasters...)
3. The psalmist writes that God is our “strength”. In theology, we say that God is “omnipotent”. What does this mean? If God is the Creator of everything in the universe, then what can we logically conclude about His power over everything? What are some of His awesome powers in verses 6, 8, and 9?
4. Mountains are some of the most steadfast, unmovable objects on the face of the planet. But the psalmist imagines a time when the mountains quake with chaos and tumble like pebbles into the sea. What are some of the people, places, or things that human beings put their trust in today? Why are these things ultimately unreliable?
5. Pastor Jim Hess described how his world was “rocked” with the news of colon cancer—and then a life-threatening brain tumor. How did he and his wife hold it together during this terrifying ordeal? Do you know anyone whose health has crumbled recently?
6. Look again at verse 7: Where are God’s people invited to look when the world is crashing down around them? What is it about God that makes Him stable?
7. Instead of worrying, complaining, or getting angry— what is the right course of action when we’re facing great trouble according to verse 10? What “personal” and comforting words conclude verse 11? Are you convinced that God is near and personal to you?

Close your group time tonight by praying for Pastor Jim, his wife Amy, and their family. Pray that God would also help you to trust Him whole-heartedly in times of hardship and trouble.