

God is our Refuge
Psalm 46: Lectio Divina Guide
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Guidelines: Protect confidentiality and follow the leader's prompts

Lectio Divina Rhythms/Process (Repeat three times):

Read the Scripture passage ("Lectio")

Reflect on the focus question below ("Meditatio")

Respond in quiet prayer/journaling ("Oratio")

Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

Introduction: Psalm 46 is a Psalm for Overcoming. It may have been written when the Assyrian army surrounded Jerusalem during King Hezekiah's reign and God brought a great victory. *In the midst of difficulty* we have hope, joy, and peace and so we sing thanks and praise to God, our ever-present help, refuge, and fortress.

Opening Prayer: "Be still and know that I am God..." (Psalm 46:10).

Read Scripture: Psalm 46 (NIV84)

For the director of music. Of the Sons of Korah [temple assistants]. According to alamoah [soprano voices]. A song.

¹ God is our refuge and strength, an ever-present help in trouble. ² Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, ³ though its waters roar and foam and the mountains quake with their surging. *Selah*

⁴ There is a river whose streams make glad the city of God, the holy place where the Most High dwells. ⁵ God is within her, she will not fall; God will help her at break of day. ⁶ Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

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

⁸ Come and see the works of the LORD, the desolations he has brought on the earth. ⁹ He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire. ¹⁰ "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

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

1st Reading: What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

2nd Reading: Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

3rd Reading: What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.