

My Stress...His Strength

Psalm 46

INTRODUCTION

Checked your Holmes score lately? You know, the tally of points for experiences that load up stress in our lives. Turns out, just about every change, adjustment, or loss adds to the total. Even a vacation gets 13 points – and most of us look forward to and enjoy our time away. So it turns out basketball isn't the only place where you find a "full-court press." Illness, intimidation, uncertainty, doubt, and even our own mortality can suck the wind out of us. Psalm 46 was written in the full face of this kind of experience.

DISCUSSION QUESTIONS

1. The OT uses 21 different words for 'trouble.' Why?
2. Make three lists: trouble you've been in, trouble you are in, and trouble you will probably be in someday! What similarities do you see? What conclusions can you draw?
3. Look up the words to "A mighty Fortress." Keep them close where you can refer to them for a day or two. What's happening to your perspective as you do this?
4. What do you make of the idea of 'hidden resources?' For Israel it was an underground river; what is it for the believer?
5. Do some work on the person of Jacob in the book of Genesis. Why is it important that he is referred to here?
6. Two commands are referred to in this poem. Discuss "come witness the exploits of God" and "be still and know I am God."
7. Read and reread Psalm 24 for next week.

THINK ABOUT IT

In 2005, a store called MinneNAPolis opened in Minnesota's Mall of America. It rents comfy spots where weary shoppers can take naps for 70 cents a minute. Founded by PowerNap Sleep Centers of Boca Raton, Florida, the new store includes themed rooms such as Asian Mist, Tropical Isle, and Deep Space, and the walls are thick enough to drown out the sounds of squealing children outside. The company's website says, "Escape the pressures of the real world into the pleasures of an ideal one." "It's not just napping," reads the press release. "Some guests will want to listen to music, put their feet up, watch the water trickling in the beautiful stone waterfall, breathe in the positive-ionization-filtered air, enjoy the full-body massager, and just take an enjoyable escape from the fast-paced lifestyle."