

### *Psalm 46:1-2 ~ Refuge and Strength in Him*

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea. Selah.

What has made you most fearful over this past year? How can you entrust that to the Lord, our very present help in trouble?

### *Psalm 46:4-7 ~ Fortress in Him*

There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts. The Lord of hosts is with us; the God of Jacob is our fortress. Selah.

How have you seen God at work in your life this year? What have been unexpected blessings that you have seen? How have you seen God help you to stand firm?

### *Psalm 46:8-11 ~ Be Still and Know in Him*

Come, behold the works of the Lord, how he has brought desolations on the earth. He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" The Lord of hosts is with us; the God of Jacob is our fortress. Selah.

Covid has brought forced stillness to many of us—what has this period of enforced stillness revealed to you about your priorities? How can you build habits of stillness into your life going forward, in order that you may behold the works of the LORD and know that He is God?

### *Psalm 50:1-6 ~ Righteousness in Him*

The Mighty One, God the Lord, speaks and summons the earth from the rising of the sun to its setting. Out of Zion, the perfection of beauty, God shines forth. Our God comes; he does not keep silence; before him is a devouring fire, around him a mighty tempest. He calls to the heavens above and to the earth, that he may judge his people: "Gather to me my faithful ones, who made a covenant with me by sacrifice!" The heavens declare his righteousness, for God himself is judge! Selah.

In what situation in your life do you most desperately need to see God's power at work? How can you worship Him in the midst of your circumstances?

### *Psalm 57:1-3 ~ Steadfast Love and Faithfulness in Him*

Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by. I cry out to God Most High, to God who fulfills his purpose for me. He will send from heaven and save me; he will put to shame him who tramples on me. Selah.

God will send out his steadfast love and his faithfulness!

In what ways has your sin been freshly exposed this year? Pray that God will give you victory in your fight against those specific sins, and that you will grow in your understanding and love for Him as your place of shelter and protection.

### *Psalm 61:1-5 ~ Refuge and Heritage in Him*

Hear my cry, O God, listen to my prayer; from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I, for you have been my refuge, a strong tower against the enemy. Let me dwell in your tent forever! Let me take refuge under the shelter of your wings! Selah.

For you, O God, have heard my vows; you have given me the heritage of those who fear your name.

How does your heart feel needy and exposed? Pray that God would help you to see that His presence is your greatest good, no matter what you're experiencing?

### *Psalm 62:5-8 ~ Hope and Trust in Him*

For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God. Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah.

Who has God put in your life who is looking for hope right now? If God is your rock and salvation, how can you hold out the words of life to those who are hurting? Pray that God will use you as an instrument of His healing and grace in their lives.