

# Family Life Groups

## “Total Security in God”

Psalm 46

**Main Idea:** Since God is our refuge and strength, we can be fearless in even the most frightening circumstances or when surrounded by our most powerful enemies

1. God is our refuge and strength whether we are conscious of it or not. But our fear or lack of fear in any given circumstance is based on our *awareness* of God as our refuge and strength at the time. How can we maintain a *continual* awareness of his presence, his sovereignty and his omnipotence?

---

---

---

2. Are you presently facing a circumstance in which you are tempted to be afraid? What, specifically, can you do to find refuge in the Lord right now?

---

---

---

3. Think about some brothers or sisters in the Lord who are fearful or anxious because of their circumstances. How can you encourage them to find their refuge in the Lord?

---

---

---

Questions? Feel free to contact Pastor Stan Myers at [stan@ebcsalem.com](mailto:stan@ebcsalem.com).