



**QUESTIONS FOR DISCUSSION ON SERMON 'God Is Our Fortress And Refuge'**

1. What do you understand by this statement **"God is my fortress and my refuge"**?

After a time of sharing, someone read Psalm 46.

- 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.
- 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.
- 8 Come and see what the LORD has done, 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 He says, "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.

2. What are some of your fears? Name one and share with the others how you will deal with it.

3. What are in your life that you should be grateful for? Share with others. How to live a Grateful life?

Note: Make a list of 10 items that you are grateful for (after CELLS session).

4. Read Psalm 46 again. Are there any difference in your understanding that **"God is your fortress and refuge"**?