

## Psalm 46

### King of the turning world

In a world just as tumultuous as in Biblical times, God still offers refuge – for we humans, and for the whole of creation too. Yet what does refuge look like? Is it what we expect? Is it where we expect? Just know it is there, with the King of the turning world.

Read this week's passage:



Play the board game 'Game of Life.' At every obstacle and choice, share thoughts and questions about how Jesus fits into the decisions we may be making.



Build a den at home. As you're making it, talk together about the things that make you feel 'safe'. (Maybe a place, a feeling, or a person.) How does God help us feel safe? Can you share about a time that God has helped you feel safe?



Experiment with long exposure photography or light painting photography, for example, spelling out words or shapes using glow sticks.

Find more free Roots resources to reflect on this week's theme:



## Living Scripture

*'Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.'* Psalm 46:10

A quick scan of news headlines and we can feel anxious – wars and conflict rage around the world. Where can we find safety? Verses 1-2 say 'God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change.'

How do we experience this refuge the psalmist found? Choosing not to fear but instead trust God is hard, especially when we are watching scenes of destruction on the news. Where is the God of peace?

Fear narrows our focus and makes us think more personally, potentially leading to biased decision-making and impulsive actions. Fear triggers our brain's survival mechanisms which prioritise immediate self-protection over broader perspectives or long-term consequences.

The psalm teaches us that God is with us and that God isn't just with us, he's the global God, interested in blessing all the nations and creation. That might not feel quite as comforting, but God's broader perspective, God's non-anxious presence with each of us, can give us the wisdom and peace we long for. When we find God, our shelter, we can zoom out and feel God's heart for the whole earth and acknowledge concerns of others. Where can you see God at work in the nations?

## First impressions

- What things are 'spinning' for you at the moment?
- How can you put King Jesus in the centre of these things?
- Where would you like the presence of Jesus to be felt right now? Pause to pray for this situation.



## Pray

Lord, help us to carry in our thoughts all those who need refuge and safety from threat: people fleeing war; ancient woodland destroyed for the latest road; fish dying in polluted rivers; families trapped in poor housing. Sometimes all we can do is hold them in our hearts. Amen.



Take some photos of things which are small in a way that makes them look massive. Can you think of stresses/worries in your life which you sometimes blow out of proportion?

Take time to pray and remember that God is bigger than any of our problems.