



Mt. Calvary
Missionary Baptist Church

Rev. Dr. Deonia A. Simmons, Senior Pastor

2026 Life Group Lesson: Week #11

Title:

Text: **Psalm 46:1-3esv**

Objective: By the end of this lesson, participants will understand that even when circumstances around them feel unstable or chaotic, believers can remain calm because God is their refuge, their present help, and their reason for confidence.

Key Terms: Refuge – Strength – Present Help – Confidence

Question: How can believers remain calm when the world around us feels chaotic?

1. *Believers should be able to remain calm because we know that...* **God Is Our** _____

2. *Believers should be able to remain calm because we know that...* **God Is Our** _____

3. *Believers should be able to remain calm because we know that...* **God's Son Is Our** _____

Talk It Out

1. What kinds of situations today make people feel like the world is “out of control,” and how does **Psalm 46** challenge the way believers respond to those situations?

2. What does it practically look like to run to God as our refuge and source of strength during stressful or uncertain moments?

3. How does knowing that Jesus has redeemed us and brought us into His Kingdom give believers confidence even when life feels unstable?

4. What is one way you can remind yourself—or encourage someone else—this week that Christ has already secured our ultimate victory?

Life Application: Encourage participants to reflect:

- What current situation is causing you anxiety or uncertainty?
- Have you been trying to manage it alone instead of running to God as your refuge?
- What would trusting God more deeply look like in that situation?

Memory Verse: **Psalm 46:1esv - God is our refuge and strength, a very present help in trouble.**