



Resting in God's Sovereignty



Discover peace and strength by trusting God's
sovereignty through Psalm 46 and supporting
Scriptures.

Table of contents

<u>Introduction</u>	3
<u>Day 1: 🛡️ God Is Our Refuge and Strength</u>	4
<u>Day 2: 🌪️ God's Power Calms Every Storm</u>	11
<u>Day 3: 🕊️ God's Presence Brings Unshakable Peace</u>	18



Introduction

Welcome to this 3-day Bible study on Resting in God's Sovereignty. In a world filled with uncertainty and challenge, the assurance that God is supreme over all things offers profound peace and hope. Psalm 46 beautifully captures this truth, reminding us that no matter the storms around us, our God is our refuge and strength.

Throughout these days, we will explore how God's sovereign power brings stability in chaos, how His presence never fails us, and how we can fully rest in His control over our lives. This study invites you to pause, reflect, and deepen your trust in Him. As we engage with Scripture, may your heart be comforted and renewed, inspiring you to lean fully on God amid every circumstance.

Let's journey together to experience the peace of resting in God's sovereignty, allowing His word to anchor our souls and strengthen our faith. Whether you face personal trials or global unrest, remember: our God reigns supreme, and in Him, we find unshakable security.





Day 1: God Is Our Refuge and Strength



Day 1: 🛕 God Is Our Refuge and Strength

Your Verse

Psalm 46:1 – "God is our refuge and strength, an ever-present help in trouble."

Supporting Scriptures

- *Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *Hebrews 13:6 – "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"*



Day 1:  God Is Our Refuge and Strength

Devotional: God: Our Refuge and Ever-Present Help

Beginning with the assurance of God's protection, Psalm 46:1 reminds us of God's unwavering presence. He is not distant or indifferent; He is our refuge—a safe place in times of trouble. When life feels overwhelming and uncertain, the psalmist directs us to look beyond our circumstances and to find strength in God alone.

This truth encourages us to embrace God's presence actively. Rather than succumbing to fear or anxiety, we are invited to lean into God, our 'ever-present help.' When challenges arise, God's strength becomes our strength. His power doesn't wane with our changing emotions or situations; it is constant and dependable.

Isaiah 41:10 amplifies this by reminding us not to fear because God is with us. This promise is personal and profound—He is our God, actively engaged in our lives. Hebrews 13:6 echoes this confidence, affirming that with God as our helper, fear loses its power.

As you reflect today, consider the times you felt overwhelmed. How might viewing God as your refuge change your response? Rest in the fact that God's strength is always accessible, inviting you to cast your cares upon Him and find peace in His presence.



Day 1:  God Is Our Refuge and Strength

Reflect and Apply

1. In what areas of your life do you feel the most overwhelmed or afraid?

2. How can the truth that God is your refuge change how you respond to stress?

3. What does it mean to you that God is an 'ever-present help'?

4. How might embracing God's strength affect your daily decisions and emotions?





Day 1:  God Is Our Refuge and Strength

Journaling Prompts

1. Write about a recent time you felt God's protection or help in trouble.

2. Describe what it looks like for you to seek refuge in God today.

3. List fears or worries you want to hand over to God's strength.



Day 1: 🛡️ God Is Our Refuge and Strength

Prayer for Today

Heavenly Father, thank You for being my refuge and strength. When I face challenges, remind me that You are ever-present, ready to help. *Help me to trust Your sovereignty* over every situation in my life and let Your peace calm my heart. Strengthen my faith so I can rest fully in Your protection without fear or doubt. In Jesus' name, Amen. 🙏🕊️🌿💪





Day 2: 🌊 God's Power Calms Every Storm



Your Verse

Psalms 46:2 - "Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea."

Supporting Scriptures

- *Mark 4:39 - "He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm."*
- *Job 38:11 - "...and said, 'This far you may come and no farther; here is where your proud waves halt.'"*



Devotional: Trusting God to Calm Life's Storms

Psalm 46:2 gives us a radical promise: even when the most terrifying chaos happens—earthquakes, floods, upheaval—we don't have to fear. This is not naïve optimism; it's based on the confident knowledge of God's supreme power over creation.

Like the psalmist, we see that God controls the forces that threaten life and peace. In Mark 4, Jesus literally calms a fierce storm with a word, demonstrating His mastery over nature's wildness. Similarly, Job 38 shows God setting boundaries on the chaotic seas, emphasizing His authority.

What storms are you facing today? Whether external circumstances or inner turmoil, God's power is greater. He invites us to trust Him—not by denying the storm—but by knowing He controls it and can bring peace amid the upheaval.

Resting in God's sovereignty means anchoring our hope in His control and strength. When we acknowledge that God holds the earth's foundations and commands even the violent waves, fear loses its grip. This day, practice surrendering your worries to God, confident that nothing is beyond His power to calm and restore.



Reflect and Apply

1. What storms—literal or metaphorical—are you currently facing?

2. How does knowing that God controls the earth and seas affect your trust in Him?

3. In what ways can you remind yourself to 'not fear' amid chaos?

4. How can you apply Jesus' example of calming the storm to your own life?





Journaling Prompts

1. Describe a time when God calmed a 'storm' in your life.

2. Write about what fear looks like for you and how God's power counters it.

3. List practical ways to remind yourself daily that God is in control.



Day 2: 🌊 God's Power Calms Every Storm

Prayer for Today

Lord Almighty, thank You for Your mighty power over the earth and seas. When I feel overwhelmed by life's storms, help me to remember *You are in control and can bring peace*. Teach me to trust You without fear, resting in Your sovereign hand. Calm every anxiety and make Your presence known in the midst of my struggles. In Jesus' powerful name, Amen. 🌊 🙏 🕊️ 🏔️





Day 3: 🕊️ God's Presence Brings Unshakable Peace



Day 3: 🕊️ God's Presence Brings Unshakable Peace

Your Verse

Psalm 46:10 - "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Supporting Scriptures

- *Philippians 4:6-7 - "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*
- *John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives."*



Devotional: Embracing God's Peace Through Stillness

Psalms 46:10 calls us to a posture of stillness and recognition. Being still is not just physical rest but an intentional quieting of our soul so we can acknowledge God's true nature and sovereignty.

Knowing God as God—almighty and sovereign—ushers in peace that the world cannot give. Philippians reminds us that God's peace transcends all human understanding and guards our hearts against anxiety. Unlike fleeting comforts, this peace is a divine gift anchored in the reality of God's control.

In John 14, Jesus promises a peace unlike any other, offering it personally to His followers. It is this peace that sustains us, empowers us, and enables us to face life's challenges with calm assurance.

Today, reflect on how stillness before God can deepen your awareness of His sovereignty. Cultivate moments to quiet your heart, meditate on His greatness, and receive His peace. Let the truth that God is exalted above all bring calm to your soul and confidence to your spirit.



Reflect and Apply

1. What prevents you from being 'still' before God?

2. How can you cultivate moments of stillness to experience God's peace?

3. In what ways does knowing God's sovereignty ease your anxiety?

4. How might God's peace influence your reactions to daily stress?





Day 3: 🕊️ God's Presence Brings Unshakable Peace

Journaling Prompts

1. Write about a time you experienced God's peace during a difficult situation.

2. List distractions that keep you from resting in God's presence and how to overcome them.

3. Describe what it means to 'be still and know that I am God' in your life.



Day 3: 🕊️ God's Presence Brings Unshakable Peace

Prayer for Today

Gracious Father, help me to be still and fully know You as God. In the middle of noise and busyness, teach me to quiet my heart and receive Your peace—a peace that surpasses all understanding. Let Your sovereign presence calm every anxious thought and fill me with confidence in Your control. I praise You as exalted above all, my refuge and peace. In Jesus' name, Amen. 🕊️ 🙏





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