

## PERSONAL REFLECTION GUIDE

10/12/25

At Southland Church, we are committed to help you KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is designed to help you reflect on and apply what you learned from the sermon this weekend. Use this guide as a quiet time this week. Write your answers in a journal, with the date and main passage noted at the top of the page.

- What main point from the sermon stood out to you? What did the Holy Spirit convict you of or encourage you with?
- Take an inventory of your thought life. In a percentage, how much of your thoughts are consumed by worries, news updates, financial concerns, or “what ifs” about you family’s future? Why?
- **Read Psalm 46, twice out loud.** How is God described in these verses? How is the world described? Do these phrases bring comfort or concern?
- When you are faced with trouble in your life, how long does it take you to think of God? How long does it take you to approach God in prayer?
- When you think of God, what thoughts come to you in your distress?
- God is described as our refuge and strength (v. 1). Why does it sometimes seem that we don’t experience the strength and protection of God? Why does it seem that we have little strength in times of distress?
- God is described as being our fortress, but that doesn’t mean we are protected from everything bad in life. We will still suffer. What do you think He is a fortress from then? (**Additional references: 2 Sam 22:2, Psalm 31:3, Psalm 62:2-6**)
- What are some things we tend to seek refuge in apart from God? In what ways can you specifically find refuge in God?
- The CSB rightly translates v. 10 as “STOP FIGHTING, and know that I am God.” How is that wording different than how the verse is typically used? What does it add?
- Author and pastor Jerry Bridges once wrote: *Trust is not a passive state of mind. It is a vigorous act of the soul by which we choose to lay hold on the promises of God and cling to them despite the adversity that at times seeks to overwhelm us.* With the Spirit’s power, how can you vigorously lay hold on His promises?
- Based on this passage or the sermon, what is one step of obedience the Holy Spirit is leading you towards this week?

## LOOKING AHEAD TO NEXT WEEK

Read Psalm 49. Why do you think people trust financial wealth over God?



UPCOMING EVENTS – for more info, [southlandsc.org/events](http://southlandsc.org/events)  
**Tuesdays Jonah Bible Study** – connect with others and God’s Word  
**10/14 “Share Jesus Without Fear”** – learn how to share the Gospel  
**10/25 Forge Men’s Breakfast** – connect with men and grow in Christ

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## FAMILY DISCUSSION GUIDE

Southland Church is committed to helping parents raise the next generation of disciples who KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is meant to help you as a family, particularly those over 12 years old, to discuss the Sunday sermon. You can do this in an evening devotion or over lunch after service.

A few tips to get started: (1) Make this a phone-free conversation. You and your family put the phones away, except for the person who looks up the Scriptures. He/She would read the passage and then put his/her phone away. (2) Set the pace for how vulnerable to be. If you give a shallow answer, you are more likely to get a shallow answer from your kids. (3) Do not feel like you have to ask all of these questions. Just focus on having a good honest discussion.

Open with prayer, asking God to lead you to know more about Christ and live like Him.

- What stood out to you from the sermon this week as challenging or encouraging?
- If you could be anywhere safe during a big storm, where would you want to be? What makes that place feel safe or peaceful?
- **Read Psalm 46 out loud as a family.** What does it mean that God is a refuge and strength? Have you ever experienced God this way? When?
- God is described as our refuge and strength (v. 1). Why does it sometimes seem that we don't experience the strength and protection of God? Why does it seem that we have little strength in times of distress?
- Psalm 46 reminds us that no matter how crazy life becomes, God is a steady refuge, unshakable. What are some things that make life seem chaotic and crazy (think about emotionally, spiritually, socially)?
- How can remembering God's presence bring peace during those times?
- Verse 10 says "Stop fighting, and know that I am God" Why is it hard to stop fighting the hard things that come?
- What can help you remember and focus on God in the middle of stress?
- How can we – as a family – support each other to remember God's protection when we face hard things?
- What is one thing God wants you to do or believe from these passages or the sermon?

Ask if there is some way you can pray for your family members, and then close in prayer.

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