

# PSALM 46

## A MIGHTY FORTRESS

January 29 - February 2 | [discovertheword.org](http://discovertheword.org)

The classic hymn “A Mighty Fortress Is Our God” was penned by Martin Luther as a musical expression of Psalm 46. These inspirational words from David, set to music by Luther, can also be a comfort and encouragement to us today as we continue to seek safety and security from this world through the strength of our God—our true “Mighty Fortress.”



### THIS WEEK'S DISCUSSION QUESTIONS

- Read Psalm 46. What kinds of dangers was David experiencing? In what ways do you resonate with his fear toward this world?
- In verses 1, 7, and 11, David makes three bold declarations about the nature of God and the protection He provides. What are those declarations, and why can they mean as much to us today as they did to David in his day?
- Why is recognizing God's presence (vv. 4–5, 7) key to our sense of confidence and trust? What New Testament parallels could reinforce this truth for us?
- Psalm 46:10 is arguably the most familiar verse in this psalm. How does it both calm the heart in the face of danger and excite the heart to the power of our God? Why are both so important?



### CHALLENGE

As a way to make this passage personal to you, write out Psalm 46:5 and replace the word “her” with your first name. Put it in a place where you will see it each day and be reminded of God's care for you.



### COMMIT TO MEMORY

“God is our refuge and strength, an ever-present help in trouble”  
(Psalm 46:1)



### PRAYER

Father, the storms of life can be upsetting and unsettling. Teach me to find comfort in Your strength, and to rest in You for Your protection—no matter what life may throw my way. In Your Name we pray, Amen.