



# LOCKINGCASTLECHURCH

Life Group Notes – 22<sup>nd</sup> March 2020

*Please visit the LCC Facebook page to watch the service online.*

## **Psalm 46** *A song of the Sons of Korah.*

- <sup>1</sup> God is our refuge and strength, an ever-present help in trouble.  
<sup>2</sup> Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
<sup>3</sup> though its waters roar and foam and the mountains quake with their surging.  
<sup>4</sup> There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.  
<sup>5</sup> God is within her, she will not fall; God will help her at break of day.  
<sup>6</sup> Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.  
<sup>7</sup> The Lord Almighty is with us; the God of Jacob is our fortress.  
<sup>8</sup> Come and see what the Lord has done, the desolations he has brought on the earth.  
<sup>9</sup> He makes wars cease to the ends of the earth.  
He breaks the bow and shatters the spear; he burns the shields with fire.  
<sup>10</sup> He says, 'Be still, and know that I am God;  
I will be exalted among the nations, I will be exalted in the earth.'  
<sup>11</sup> The Lord Almighty is with us; the God of Jacob is our fortress.

## **Comment**

At this extraordinary moment in our history, everyone is trying to process all that is going on and praying and reflecting on God's plans and purposes for our nation. We're all trying to figure out the best response in order to help out at this time of need. Clearly the world is experiencing a massive shaking but it's at times like these that the Church can and should rise up to bring prayerful, practical support and eternal perspective to everyone in our community.

Jesus said 'In this world you will have trouble...' but he also went on to say 'but do not let your hearts be troubled and do not be afraid' so we are called to respond from a place of faith, not fear.

Last Tuesday Bishop Peter called every church in the Diocese to 'Prayer, Care and Share... caring for our neighbours, sharing our resources and our hope in Christ.'

Mother's Day was traditionally when people would return to their Mother church to reconnect with their spiritual and physical families. The wonderful thing about our faith is that God is always present – he is with us together even though we may be separated by distance or time. So today even though we can't meet together physically, we can still be one in Christ.

Psalm 46 is a wonderful reminder of God's presence with us, especially when we are in trouble as we are now. We may not understand why bad things are happening in our fallen world, but God's promise is that we can still know him even in the midst of it – he is our refuge in times of trouble.

## **Questions**

1. What do you find most encouraging about this Psalm?
2. What are some good things we can do when we get fearful or afraid?
3. Have a look at Jesus' 5 declarations of peace in John's Gospel:  
[https://www.biblegateway.com/quicksearch/?qs\\_version=NIVUK&quicksearch=peace&begin=50&end=50](https://www.biblegateway.com/quicksearch/?qs_version=NIVUK&quicksearch=peace&begin=50&end=50)  
What can we learn about the Peace of the Lord?
4. How can we support one another best during this time of isolation?