

# Every Beat

Life Rhythms of the Psalms



JULY 21-23, 2018



# Refuge

This week we're learning how God is our refuge, no matter the circumstances we're facing in life.

## WATCH THE VIDEO

### [NorthlandChurch.net/Studies](https://NorthlandChurch.net/Studies)

Afterward have someone read the discussion questions in the "Hear God's Story" section and start the conversation.



## Share Your Story

Begin by praying together. This should be a brief, simple prayer in which you invite God to give you insight as you study. You can pray for specific requests at the end of your time together or stop momentarily to pray if a particular situation comes up during your discussion.

*Then begin your time together by discussing the following questions.*

- When is a time you've needed to find refuge?
- Who is someone that you see create refuge for others?
- What makes it hard to find safe harbors during trials and difficult seasons of life?

## Hear God's Story, and Create a New Story

### READ PSALM 46:10 (NIV) & MATTHEW 8:23-27 (NLT)

- What were the circumstances causing the disciples anxiety in the passage from Matthew?
- What posture did God call us to take in Psalm 46?
- What did Jesus do that caused the disciples to set aside their fear?
- What are the situations you're in now where you need refuge from the storm?
- How can you set aside your fear and embrace God's refuge and stillness? How can the group or community around you help you to be still?
- Jesus brought stillness to the disciples in the midst of the storm. How did that change their focus and perspective? What were they focused on beforehand? What were they focused on afterward?
- When has God stilled the storms in your life and provided refuge in difficult circumstances?
- How did that stillness and refuge change your perspective of God? Of your circumstances? Of yourself?

*Give each person an opportunity to share prayer requests.*

## Find Your Story in God's Story

If you feel God is nudging you to go deeper, take some time between now and our next discussion to dig into His Word. Explore the Bible passages related to this session's theme on your own, jotting your reflections in a journal or in this study guide. Want to go deeper? Select a few verses, and try paraphrasing them, writing them in your own words. If you'd like, share them with the group the next time you meet.

**Often the need for help is seen as a sign that there's a unique deficiency at work in the life of whoever needs help. But throughout the Bible – from the first stories of Genesis through the launch of the church – we learn that each and every one of us was created with a need for God's help. Without God's help, all of us struggle under the weight of life that we cannot bear alone. But with God's help and grace, we can fully experience life as God intended.**

### READ ROMANS 6:20-23 (NLT)

- What were the consequences of our sin?
- How did Jesus provide shelter and refuge from those consequences of sin?
- With the freedom that comes from Jesus, what are you able to focus on instead of sin?

### READ JOHN 16:33 (NIV)

- In this passage, Jesus offers us peace. In contrast, what does the world offer? How is that difference in perspective and focus evident in your life? In your relationships? In your family? In your future?
- How does knowing that Jesus has overcome the troubles of the world help you take heart when you're facing trials?
- Who is someone in your life you could extend the peace and hope of Jesus to so they too can experience God's refuge in your life? What are some practical ways you can extend that peace and hope in the week to come?

**Looking for more questions and reflections so you can keep digging deeper? There's even more to this week's study available on Northland's apps or at [NorthlandChurch.net/Studies](https://NorthlandChurch.net/Studies).**