



Morningside Church

Sermon Discussion Guide

Title: Pause

Date: April 19, 2026

Scripture Text: Psalm 46

Notes:

The remote control has a great button: the PAUSE button. Whenever you're watching a movie, ball game, or TV show and need to run to the kitchen for a snack, or the bathroom, you can press the PAUSE button, take care of business, then pick right back up where you left off. Life today is defined by busyness. It doesn't matter your age or stage of life: in college, newly married, have young children, highschoolers, empty nesters, retirees; all are busy. Don't you wish life had a PAUSE button just so you can catch your breath? The Bible has a word for pause: SELAH. It is found many times in the book of Psalms. It is intended for the reader to pause and reflect on God and the words written about Him. Today we spend time in Psalm 46 and the characteristics of God. To help us do so, we will have opportunities to pause and ponder the wondrous God we serve.

I. SELAH: Pause and Reflect on WHO God is (Psalm 46:1-3)

The psalmist highlights God's presence even in the midst of life's swirl. We see here three elements of WHO God is:

- **God is Personal ("God is our..."):** God is close and approachable. His desire is to have a close relationship with us. He accomplished this through the redemptive work of Christ, if we will accept His free gift of salvation. It is by the relationship we have with Him that we are able to approach Him in times of trouble.
 - How would you describe your relationship with God?
 - What are ways we can approach God?
 - His word and prayer are great ways we can approach Him. When was the last time you approached God? What were the circumstances?
- **God is Powerful ("refuge and strength"):** Regardless of our circumstances, God is in control. Nothing is beyond His notice or that He is unable to handle.
 - How would you describe the POWER of God?
 - How does pausing and reflecting on God's power bring comfort, regardless of your circumstances?
 - When was a time you retreated to God and took refuge in Him and relied on His strength?
- **God is Permanent ("a very present help in trouble"):** When things around you crumble, and those you rely on fail you, God is there. He is "very present" when times are hard. He is trustworthy. He will not fail.
 - What are examples of things people take refuge in (other than God)?
 - Describe a time when God showed you how you could rely on and trust Him.



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II. SELAH: Pause and Reflect on WHERE God is ([Psalm 46:4-7](#))

The psalmist makes reference to “a river” which refers to God’s presence and blessings that fill Jerusalem and flow to other nations. God’s presence is not limited by distance or time. By His presence, His help is available ([v. 5](#)), Israel’s enemies were conquered ([v. 6](#)), and they found strength ([v. 7](#)).

- How can knowing and remembering God is near encourage you to more readily turn to Him for help?
- What are examples of enemies for the Christian today?
- Because God is so near, how can turning to Him help you defeat enemies such as temptation, and Satan?
- Describe a time when you found strength in God’s presence.

III. SELAH: Pause and Reflect on What God DOES ([Psalm 46:8-11](#))

“Just as ... great distances make the perception of visible objects dim, but a nearer approach offers a clear knowledge of the objects seen, so also in the case of objects of contemplation in the mind, he who has not drawn near to God is not able to see his works with the pure eyes of his mind. Therefore, ‘Come,’ first approach, then see the works of the Lord, which are prodigious and admirable... He who has heard the call and has approached and cleaves to the One commanding will see him who through the cross made all things peaceful ‘whether on the earth or in the heavens’ ([Col 1:20](#)).” (Basil of Caesarea, 330-379 AD)

- In [v. 10](#), the psalmist tells his readers to ‘cease striving’ (be still). What does it mean to ‘be still’?
- How can hitting our PAUSE button help us be still?
- The psalmist continues with the statement (speaking on behalf of God) ‘know that I am God’. How can being still help us know God better?
- God states that He will be exalted among the nations ([v. 10](#)). How can PAUSING (being still) help you exalt and worship God?
- God can ‘wrought desolation’ ([v. 8b](#)) and cease wars ([v. 9a](#)). This is another example of how He is always in control of all things. How can remembering this help motivate us to obey Him?
- How can you be intentional and take time to pause on a regular basis and reflect on WHO God is, WHERE He is, and what He DOES?

“This, then, is God, everywhere mighty, everywhere exalted; this is God who takes his place with us always. Have no fear, then, be not disturbed, having an invincible Master as we do, to whom all honor and glory is fitting, together with the peerless Father and his vivifying [enduring with life] Spirit, now and forever, and for ages of ages.” (Chrysostom, 347-407 AD)