

Sermon Guide for May 17, 2026

Title: How to Stay Stable in an Unstable World | Psalm 46

Series: Highs, Lows, & Hallelujahs: Psalms for Every Season

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Big Idea

Because God is with us, Christians can have supernatural stability even in an unstable world.

1. We Find Stability in the Presence of God (vv. 1–3)

- The Psalm begins with dramatic imagery:
 - the earth trembling
 - mountains falling into the sea
 - waters roaring and foaming
- The point is clear: even when life feels like it is falling apart, God remains present with his people.
- The presence of hardships does not equal the absence of God.

Reflection Questions

- What situations in your life currently feel unstable or uncertain?
- Do you tend to assume God is distant when life becomes difficult?
- What would it look like to trust in God's presence before your circumstances change?

2. We Find Stability in Our Heavenly Citizenship (vv. 4–7)

- The Psalm describes “the city of God,” the place where God dwells with his people (Jerusalem)
- In the New Testament, believers are described as citizens of the “heavenly Jerusalem” (Hebrews 12:22–24)
 - As Christians, our ultimate identity and security are not rooted in earthly kingdoms, politics, or temporary circumstances. Our citizenship is in heaven.

Reflection Questions

- What earthly things are you most tempted to build your security around?
- How does remembering your citizenship in heaven change the way you view the instability of this world?
- Are you more emotionally attached to the kingdoms of this world than the Kingdom of God?

