

1 – LESSON #63: Psalm 46:1 God is our refuge Part 5

Psalm 46:1 (NLT) God is our refuge and strength, always ready to help in times of trouble.	Psalm 46:10 (AMP) GOD says: “Be still and know (recognize, understand) that I am God.”
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As we continue this series about how we can always call on God to help us in times of trouble, let's have a volunteer read **Psalm 46:1**.

Psalm 46:1 (NLT) God is our refuge and strength, always ready to help in times of trouble.

QUESTION: What does refuge mean?

ANSWER: A safe hiding place. **HINT:** Playing hide-and-seek.

Psalm 46:10 is another cool Bible verse.

Let's get a volunteer to read that one.

Psalm 46:10 (AMP) God says: "Be still and know [recognize, understand] that I am God."

Last week, we heard an encouraging story about when Elijah was feeling sad and lonely. After spending the night in a cave on Mt. Sinai, God spoke to Elijah and said:

God

Father God: Elijah, go out and stand before me on the mountain.

You might recall that there was a windstorm, then an earthquake, and then a fire.

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RINGLEADER: But, ..., the Lord was not in any of those.

[Group repeats]

After that, there was the sound of a gentle whisper.

God can definitely choose to speak to us in a loud voice. But perhaps, more often than not, He speaks to us in a quiet voice. That is what happened in Elijah's case. God quietly said:



Father God: Elijah, what are you doing here?

That is when God gave Elijah a chance to share his concerns.

RINGLEADER: Hooray for God making Elijah feel better!

[Group repeats]

God gave Elijah some tasks to do. The coolest task was this one.



Father God: Elijah, I want you to meet up with Elisha and anoint him as My prophet who will eventually replace you.

So, Elijah began his mission. His starting point was Mt. Sinai.

QUESTION: What amazing thing happened when Moses first climbed to the top of Mt. Sinai?
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ANSWER: Moses saw the burning bush and heard the voice of God.

QUESTION: When Moses spent 40 days and 40 nights at the top of Mt. Sinai with God, what did he bring back to show the Israelite people?
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ANSWER: 2 Stone tablets that held the 10 Commandments
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RINGLEADER: How far did Elijah have to travel to see Elisha?

[Group repeats]

Elijah probably had to walk about 250 to 300 miles to reach Elisha. It very likely took the prophet around three weeks to walk that distance.

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RINGLEADER: What was Elisha doing when Elijah finally saw him for the first time? *[Group repeats]*

Elisha was plowing his field.

RINGLEADER: What did Elijah do next? *[Group repeats]*

We learn in **1 Kings 19:19** that Elijah went over to Elisha and threw his cloak across Elisha's shoulders. Then, Elijah walked away.

RINGLEADER: What did it mean when a prophet did that? *[Group repeats]*

Elisha very likely knew who Elijah was - a great prophet. Back in those days, if a great prophet threw his cloak over your shoulders, it meant that **God** was calling you to be His special prophet, as well.

RINGLEADER: Did Elisha agree to go with Elijah? *[Group repeats]*

Yes, Elisha did agree to go after he kissed his parents goodbye and had one last goodbye party with the people of his town.

After that, Elisha went with Elijah to train to become a prophet of God and to serve Elijah as his assistant and helper.

RINGLEADER: How long did Elisha's training sessions last? *[Group repeats]*

The Bible doesn't give an exact number of years. Before the Chariot of Fire story, which we will hear about next week, they probably spent 6 to 10 years together.

QUESTION: Any questions or comments?

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Psalm 46:10 (AMP)

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“Be still and

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