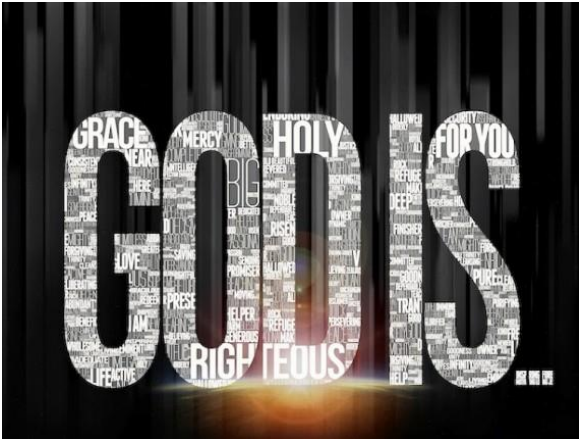


Sunday, October 6, 2013



## Our Refuge & Strength

### How to use Talk It Over:

*Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add any optional scriptures and questions if needed, and then wrap up by deciding on your next steps. You can use this study guide with your small group, your family, or on your own.*

### Today's Key Idea:

Above all else, God is always there for us and with us

### Key Questions:

- What do you need/want to take refuge from?
- Where in your life do you need strength?
- Where do you wrestle to believe God is with you?
- What could it look like in your life this week, to set time aside to simply “be still and know that God is God?” Try carving out some “be still” time and see how God meets you.

### Daily Bible Readings

Prepare your family for the persecution they will face by reading and talking over the following Bible passages this week.

- **Day 1:** Psalm 18:1-2
- **Day 2:** Psalm 29:11
- **Day 3:** Psalm 59:16-17
- **Day 4:** Psalm 31:1-3
- **Day 5:** Psalm 28:6-8
- **Day 6:** Psalm 73:25-27
- **Day 7:** Psalm 16:1-2