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Video 2: Good Good Father

Psalm 46:1-7 *"God is our refuge and our strength... though the earth should change..."*

In 2016 this song by Pat Barrett became a massive hit for Christian music superstar, Chris Tomlin. In the "live" version of the song seen below you will see scenes of Tomlin singing with Barrett in concert. [YouTube Link.](#)

The Question: Where is God in times like this? How can we call God good when there's so much "bad" around? What's God's message to us in the middle of change and suffering?

View this video:



Lyrics and Questions to Ponder:

I've seen many searching for answers far and wide

- What answers are people searching for now?
- What has the pandemic taught you about friends and family, school, health, mortality (death), who you can rely on?

***But I know we're all searching
For answers only you provide
'Cause you know just what we need
Before we say a word***

- What is the "ANSWER" that we need to hear MOST according to the song? (Our Father loves us completely. That's the key to making it through suffering. And God's goodness is the guide to how we should be: GOOD to each other.

More Questions:

- On a scale of 1 to 10, how "stressed" have you been this year amid all the problems? (What's been the most stressful thing for you?)
- On a scale from 1 to 10, how well do you think you've been dealing with your stress? (Also have your family members vote "how well" they think YOU'VE been doing!)
- What would God say "we need" the most of these days?

Read Psalm 46 and respond:

Psalm 46 is one of the most remembered psalms (songs) in the Bible. In particular, it is usually read at funerals.

Psalm 46

¹ God is our refuge and strength,
a very present help in trouble.
² Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea;
³ though its waters roar and foam,
though the mountains tremble with its tumult.

⁴ There is a river whose streams make glad the city of God,
the holy habitation of the Most High.
⁵ God is in the midst of the city; it shall not be moved;
God will help it when the morning dawns.
⁶ The nations are in an uproar, the kingdoms totter;
he utters his voice, the earth melts.
⁷ The Lord of hosts is with us;
the God of Jacob is our refuge. (NRSV)

Questions:

- On a scale of 1 to 10, how "comforting" do you find the words of Psalm 46: 1-7?
- What "streams" are making you glad right now?
- How is Psalm 46 similar to the song "Good Good Father" in its assurance (promise) to us? ❤️

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