

Life Group Study

Charlotte Gambill – Held and Heard (29/03/20)



Recap

In this preach, Charlotte focuses on the idea “Held and Heard”. In this season, where we are separated and isolated at our houses, we may start feeling like we can’t hold the people that are important to us anymore as freely as we’d like, or even that with all this uncertainty speaking loud in the world, our voice is not heard or valued. People that used to hear our problems are suddenly full of problems themselves, and we can develop this sense that we don’t have anyone we can count with. Charlotte starts her preach on **Psalm 91:1-6**, to bring us a peace-filled perspective that we are always held and that we are always heard by our God – there’s never a situation when we are not held and heard by Him. That has to make us feel more confident in our approach to life, because the awareness that we are held and heard in times when everybody is freaking out can become something we get to put deep in our souls.

There are things that don’t need to be shaken or shifted because of this truth:

1. Our Confidence

(Held people hold promises. Heard people hear provision.)

Charlotte continues on **Psalm 91:9-12** to show us that our confidence doesn’t need to be rocked, because we are always shielded from harm. When we are held, we understand there is a promise we can hold on to for ourselves and our household. When we are heard, we begin to hear the provision, not the problem. If God’s Word shows Him doing miraculous things, He can still be the One to provide for you and your family.

2. Our Countenance

(Held people hold His presence. Heard people hear peace.)

In **Psalm 91:14-15** we see that God pours His presence into us – we are a vessel for the Living God! And because of that, His peace, His joy and His love live within us as well. Even in times of pressure and trouble, we will find and feel His presence.

3. Our Compassion

(Held people hold people. Heard people hear people.)

In times where the ways how we hold and hear people are changed, this is a time when us as the church can have some creative fun in how we find new ways of reaching people and showing the compassion of Christ. We can do this not from a place of insecurity, but instead knowing that because we are held and heard, we can hold and hear others as well. This is not a time to speak lack and see limitation, but to go beyond in what we would normally do and be the church for others.

4. Our Commitment

(Held people hold perseverance. Heard people hear providence.)

When we know God is still holding us, we gain a new perseverance as well, knowing that His providence outlasts circumstances. God’s power is not affected by the world’s struggles. We can’t allow this season to affect our commitment to Him.

Charlotte finishes by reading **Psalm 91:15-16**, to encourage us with this truth that we are held and heard through every situation. We can still live a satisfied and full life, knowing we are safe and protected by our Heavenly Father – through any circumstance.



Scripture

Psalms 91:1-6 (TPT) When you sit enthroned^[a] under the shadow of Shaddai, you are hidden in the strength of God Most High. ² He's the hope that holds me and the Stronghold to shelter me, the only God for me, and my great confidence. ³ He will rescue you from every hidden trap of the enemy,^[d] and he will protect you from false accusation and any deadly curse.^[e] ⁴ His massive arms^[f] are wrapped around you, protecting you. You can run under his covering of majesty and hide. His arms of faithfulness are a shield keeping you from harm. ⁵ You will never worry about an attack of demonic forces at night nor have to fear a spirit of darkness coming against you. ⁶ Don't fear a thing!

Psalms 91:9-12 (TPT) When we live our lives within the shadow of God Most High, our secret hiding place, we will always be shielded from harm. How then could evil prevail against us or disease infect us? ¹¹ God sends angels with special orders to protect you wherever you go, defending you from all harm. ¹² If you walk into a trap, they'll be there for you and keep you from stumbling.

Psalms 91:14-15 (TPT) For here is what the Lord has spoken to me: "Because you have delighted in me as my great lover, I will greatly protect you. I will set you in a high place, safe and secure before my face. ¹⁵ I will answer your cry for help every time you pray, and you will find and feel my presence even in your time of pressure and trouble.

Psalms 91:15-16 (TPT) I will answer your cry for help every time you pray, and you will find and feel my presence even in your time of pressure and trouble. ¹⁶ You will be satisfied with a full life and with all that I do for you. For you will enjoy the fullness of my salvation!"



Questions

1. What can you change in how you speak into your situation, knowing that God is hearing you?
2. Are you putting our grip in your problems, or in the promises from God?
3. Are there any areas in your life where you need to know God is holding and hearing you?
4. What can you do this week to show new compassion to someone in your world?
5. What point of Charlotte's preach do you feel you most need help with, in your own life?



Prayer

Areas that we should pray over include:

1. Pray for God to help you feel His presence when you are not feeling held or heard
2. Pray for a new understanding of God's faithfulness and His love for you
3. Pray for godly opportunities to hold and hear others around you