

CROSSWAY FELLOWSHIP CHURCH

Be Still

Psalm 46:10

God is loudest when we are quietest



Psalm 46

The whole chapter is about God being our refuge, our helper, our strength. When the world is chaos, He brings order. So, let's focus on verse 10. *Be still and know that I am God.* Let's think about that for a little bit.

According to interruption science (yes, this is a real thing...), we are interrupted every 3 minutes. Name some things that demand your attention each day.

We have this idea that if we aren't doing something, we are not being productive. But it's like this. Bananas are good for you, right? But what happens when the only thing you ever eat is bananas, morning, noon and night? It's too much, right? You need balance!

When our morning, noon and night is full of distractions, our life is out of balance. Isn't it hard to hear God through all of the distractions of the day? When our life is too busy, we will forget that God is God.

Silence helps us hear God's voice and allows us freedom to sing and praise Him. Perhaps God speaks LOUDEST when we're quietest.

What is ONE thing you can do today to limit the noise in your life? ***When during your day could you sit in silence for 15 minutes? Or even 3 minutes?***

Day 1

Be still and know that I am God

“Be Still”

What does it mean to “be still”?

To not move!

Hebrew meaning is: To cast down and to let it fall. Which means, you drop it, set it down, let it go. (Let it go, let it go!) :D

How?

Find time and STOP moving, physically

Stop reading, stop talking, stop texting, stop thinking. Stop.

Everything.

Focus on God – begin to pray and acknowledge God ask Him to help you keep your focus on Him. Perhaps sing a song to Him, a simple song of praise. Jesus Loves Me. Lord, I Need You.

The world, the flesh, the devil will try to distract you, but shift your focus back on God.

Is your world too chaotic?

1 Corinthians 14:33

What happens when you get alone with God?

Genesis 28:16-17

Exodus 34:29

Day 2

Be still and **know** that I am God

“and **Know**”

What is the definition of know? To be ABSOLUTELY certain or sure about something.

Do you KNOW that God is God? Do you trust God with a rock-solid confidence?

Psalm 9:10

Psalm 31:14

Proverbs 3:5-6

Romans 10:17

Day 4

Be still and know that I am **God**

“GOD”

It's easy for us to forget who God is. In our world, there are so many things that are important. We are told that us as individuals are our own god. Our career, our school, our success our families.

The world (and Satan) would rather that we forget who God is. So we need to constantly remind ourselves, who our God is. Be watchful and aware of when another god is beginning to take the throne. Keep God first and all those other things will prioritize.

Genesis 1:1

Jeremiah 32:17

Luke 2:11

Isaiah 9:6

Get still with God. And Know that He is God. Let Him speak loudest when we are quietest.

Day 5

Have you yet been “still”?

Has God shared something with you that you’d like to share with us?

Do you have scriptures you’d like to share?

Notes