

Be Still & Know

Psalm 46

October 28, 2018

We live _____, _____, _____, _____, _____ lives!

"A life of hurry can become superficial. When we rush, we skim the surface, and fail to make real connections with the world or other people."

Carl Honoré – In Praise of Slowness

Why do we live this way?

- Trying to _____.
- Fear of _____.
- Trying _____.
- Fear of _____.
- Trying to keep up with _____.
- Fear of _____.

Main Idea: Because of _____ and _____, we do not have to live at this pace and with all this noise.

BE STILL means:

- Do _____.
- _____ doing!
- Stop doing _____ in favor of _____.

KNOW means

- More than just knowing _____ GOD.
- Experience the _____, _____, and _____ of GOD.
- Commit _____ to GOD and HIS ways!

****We can be still and know GOD because of who HE is and what HE has done.****

God is our refuge and strength, a very present help in trouble. Psalm 46:1 (NIV)

Refuge—a place or state of safety from _____ or _____. A place of protection from _____. A place you can _____

Strength—the ability to _____.

A very present help in trouble—a help that has been _____ and that _____!

A refuge + a strength + a very present help = _____
_____!

The Lord of hosts is with us; the God of Jacob is our fortress. Psalm 46:7 (NIV)

The Lord of Hosts—the _____ with his army that cannot be _____.

The God of Jacob—God has promised to be _____ with His people. This serves as a reminder that GOD is in a _____ with His people.

GOD is _____ and _____ in our lives.

Results of being still

- We get to _____ GOD.
- We grow in our _____ with GOD.
- GOD _____ us.
- We _____ to the world.

How to be still

"Come to Me, all who labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light."

Matthew 11:28–30 (NIV)

- Say _____ to JESUS
- Create _____ to be still each day
- Work toward _____ the _____
- Say _____ to something