



Life Group Notes: 'Be Still'

Tuesday 5th November 2019

READ THESE VERSES TOGETHER:

PSALM 46:1-3, 10-11:

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. Selah

"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" The Lord of hosts is with us; the God of Jacob is our fortress. Selah

DISCUSSION POINTS:

1) God is our refuge and strength, a very present help in trouble (v.1)

- If you have personally experienced God as your refuge or strength, please share an example with your group. Your story helps encourage others!

2) Therefore we will not fear (v.2a)

- This is a bold statement of faith in difficult times. How do you think your own words and thoughts help you choose between fear and trusting God?

3) Be still and know that I am God. (v.10a)

- This part of the verse means recognizing and understanding that God is always in total control. How can you apply this truth to your life?

PRAYER SUGGESTIONS:

- Pray that we will have a greater level of faith in God as our refuge and strength.
- Pray that we will learn to use Bible verses like this in prayer and declaration.
- Spend time thanking and praising God for who He is, knowing that "The Lord of Hosts is with us" (v.11).