

“Still”

Psalm 46

April 7, 2019

Sermon Series: 7 Words to Change Your Life

Rev. Dr. Henry Hansen

THE BIG IDEA

Psalm 46:10 tells us, “Be still and know that I am God.” Dr. Joseph Stowell says, “‘To cease striving’ or ‘to be still’ literally means ‘to relax.’ The Word is graphic in its metaphors. It means ‘to let go, to shift— to let your arms down.’” We can be still and shift our life “gears” to “R” for relax when we let God be the primary force governing our lives. In order to experience this, we need to practice stillness and silence as a spiritual discipline to push back on the demands of our busy daily lives.

GETTING STARTED

1. Have you learned to drive stick shift? How was that experience? Do you prefer a stick shift or an automatic vehicle?
2. What’s the central idea of stillness and why is it important as a regular spiritual discipline?

LEARNING & LIVING OUT SCRIPTURE

Together, read **Psalm 46**.

3. Look up the words to the hymn “A Mighty Fortress is our God.” Look at it in light of Psalm 46. What verses can you tell directly inspired the words Martin Luther as he wrote this hymn?
4. What is this passage saying about the forces of nature versus the power of God?
5. How do you understand the verse “Look and see what God has done.” Why is that important for us in our own lives?
6. Reflect on Stowell’s translation of the 46:10. How does it speak to you today?

LIVING OUT “REAL LIFE”

7. How do you practice stillness in your life? How would you rate yourself in terms of being attuned to God’s presence and how he’s leading you in your daily life?
8. What is your experience with meditation like? Consider the Eastern and Christian ideas of meditation that Henry shared.

THE “EXTRA-MILE”

9. Attend the Deep Dive Seminar led by Henry and Shannon next Sunday to learn more about stillness, silence, and meditation.
10. Practice at least 10 minutes of stillness/silence a day throughout the remainder of Lent.