



PSALM 46:10

Summary:

God calls us to be still and to know that He is God. Because we so often fill ourselves up with everything BUT God, we need to carve out space to be still and know that God is in control, that he loves us, and that we can get to know him intimately. When we pause from distraction, from busyness, and from worry . . . we experience God's power, his goodness, and that he is in control.

Discussion Questions:

- Honestly evaluate if your relationship with God is growing! How does your life show that you are getting to know God better or if you are struggling to know him better?
- What is a typical way you often distract yourself?
- We typically distract ourselves because we are looking for an escape from or a solution to a deeper problem. What deeper issue does your distraction point to? (ie anxiety, fear, control, security, etc)
- How can you develop a heart-attitude that regularly remembers that you are not in control and that God is?
- What are some ways God has shown you that He is powerful in your own life?
- How are you going to create space for God to fill this week? What is something creative you can do that fits your personality? (ie. Nature Walk/Prayer, Reading Scripture, Honest Prayers to God, Gratitude Lists.)

Spiritual Homework:

One of the most effective ways of carving out space for God to fill, is to reserve the quietest moments of your day for him. The moment you wake up is one of those quiet moments that can be perfect to turn your attention toward God.

Here's the challenge: **write your own morning "Prayer of Orientation" and pray it in the morning when you wake up!** Instead of grabbing your phone, use this prayer to help you orient your day away from yourself, away from distraction, and to be still and know that God is God. Below are some examples, but be creative and use your own!



God, "In your presence is fullness of joy." May I live every moment today aware of your nearness. That you see me, that you love me, that you are in control. Help that awareness to motivate me to obey you, and cause me to desire to speak to you all throughout today.

God, "This is the day that the [You have] made, I will rejoice and be glad in it." Whatever happens today is completely known by You and is being used to grow me closer to You. That gives me hope and excitement to face today knowing I am not alone and that you are in control!