



PEOPLE OF PRESENCE

— From God's Presence to God's People —

QUARTER 1 — CREATED TO DWELL

Learning to Delight in God's Presence

“
Be still,
and know that
I am God.
PSALM 46:10



WEEK
3

STILLNESS

Psalm 46

“Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”



THE BIG IDEA

God is our refuge
and strength.

He invites us to be still
and know Him.



GOSPEL IDENTITY

Because Christ is my Peace
and Stronghold...

- ✓ I can be still in His presence.
- ✓ I am not shaken.
- ✓ I rest in His sovereignty.

FROM PROTEST TO PRAISE

A JOURNEY THROUGH PSALM 46



1 PROTEST

What hurts?

The world feels
chaotic and
uncertain.



2 PRESENCE

Bring it to God.

God is our refuge
and strength,
always near.



3 PERSPECTIVE

What is true?

He is sovereign.
He does not
change.



4 PRAISE

Trust grows
while waiting.

I will be still
and know
that He is God.



CREATIVE RESPONSE

CREATE A QUIET PRAYER SPACE AT HOME

Choose a small space in your home
where you can be still with God.
Add simple elements that help you
focus on His presence.



Use this space this week
to rest in His presence.



BODY LIFE PRACTICE

PRACTICE SILENCE TOGETHER

Meet with your group and spend time
in intentional silence before God.
Be still. Breathe. Listen.
Let His presence speak.



COMPANION QUESTIONS

- 1 What distracts you most from being still with God?
- 2 What helps you slow down and sense His presence?
- 3 Where do you most need God to be your refuge right now?
- 4 What would it look like to trust His sovereignty more this week?



PRESENCE PRACTICE

THIS WEEK

Practice stillness daily.
Each evening write:



Today I
quieted...



Today God
met me...



Today I can
trust Him
because...



MEMORY VERSE

Psalm 46:10
“Be still,
and know
that I am God.”



GOSPEL TRUTH

Stillness is not
passive.
It is active trust
in a present God.
He is enough.



May the God of peace still your heart,
so you can know Him and share His peace with others.