



GUIDED BIBLE STUDY

Be Still Before the Lord

Speaker: Donnie Thomas

Message Title: "Stillness, Focus, and Daily Time with God"

Main Passage: Psalm 46:10

Other Passages Referenced: James 1:25

Highlighted Scriptures

Psalm 46:10 (ESV)

"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

James 1:25 (NIV)

"But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do."

Summary

Donnie Thomas shares a heartfelt encouragement about the importance of spending intentional time with God each day. He reflects on his own quiet time routine—often in the mornings—consisting of Scripture reading and prayer. Danny emphasizes that this time with God is essential to staying focused on Christ in a world full of distractions.

Using a story about a flood in his office, Danny illustrates how the noise and busyness of life can drown out God's voice. He urges listeners to practice stillness before the Lord, even when life is unstructured or noisy.

The ability to be still allows God to speak, comfort, and lead us—even when answers aren't immediate.

Danny reminds us that Satan's goal is to distract us from walking closely with Jesus. Daily time with God helps realign our hearts and actions, ultimately helping our lives point others to Christ.

Discussion Questions

- **What does your current time alone with God look like?**
- **What are the biggest distractions you face when trying to focus on God?**
- **Danny says that being still means “letting go of everything.” What would that look like in your life?**
- **Have you ever felt God speak or comfort you in quiet moments? What was that like?**
- **How can daily time in the Word help you become a “doer” of God's Word, not just a hearer (James 1:25)?**

Reflection Challenge

Each day this week, set aside a specific time to be still before the Lord—free from distractions. Start with a simple prayer of surrender, then read Psalm 46:10 and James 1:25 slowly. Ask God to speak. Sit quietly for a few moments afterward and journal any thoughts, impressions, or prayers that come up.

Prayer Prompt

Lord, help me quiet the noise around me so I can hear Your voice. Teach me to be still, to trust You, and to meet You in the secret place. Let my time with You change me, guide me, and make me more like Christ. I want to live in a way that points others to You. Amen.

