



GUIDED BIBLE STUDY

Be Still and Know

Speaker: Rob Riedel

Highlighted Scripture

• **Psalm 46:10**

"Be still, and know that I am God."

In the middle of a stressful week involving his mother's health, travel, work, and responsibilities, Rob keeps returning to these words. He uses them as a reminder that trusting God doesn't require having every answer or controlling every outcome. Sometimes faith means recognizing what is outside our control and remembering who God is.

Discussion Questions

- **Rob asks why it can be so difficult to simply be still. What usually keeps your mind racing even when your body has stopped?**
- **What is the difference between responsibly handling something that needs our attention and trying to control something that is ultimately outside our control?**

- Rob says, "Sometimes we think everything depends on us." What burdens are you carrying right now that may feel that way?
- How does remembering who God is change the way we respond when we don't know what is going to happen next?
- Rob's friend once told him, "Stop trying to steer the boat. Just keep rowing and let God steer." What might "keep rowing" look like in your current circumstances?

Reflection Challenge

Practice being still before God—not by ignoring your responsibilities, but by surrendering the things you cannot control.

Ask yourself:

- What situation am I repeatedly trying to solve in my own mind?
- Am I carrying tomorrow's worries today?
- What can I responsibly do, and what do I need to entrust to God?
- When I don't know what comes next, do I still believe God is faithful, present, and good?

Try this:

- Set aside five quiet minutes without your phone, television, or other distractions.
- Tell God honestly what you're worried about. Don't worry

about making it a "perfect prayer."

- **When your mind starts racing ahead, repeat: "Be still, and know that I am God."**
- **Take the next responsible step you can take, and entrust the outcome you cannot control to God.**

Remember

- **Being still does not mean doing nothing.**
- **Trusting God doesn't require understanding everything He's doing.**
- **We can act responsibly without believing everything depends on us.**
- **God is not overwhelmed by the circumstances overwhelming us.**
- **We don't have to carry tomorrow today.**
- **Be still and remember who God is.**

Prayer

Heavenly Father,

Thank You for reminding me that You are God. When my mind is filled with worry and life feels outside my control, help me become still enough to remember who You are.

Give me wisdom to handle the responsibilities You have placed before me and faith to surrender the things I cannot control. When I don't know what tomorrow holds, keep me from carrying tomorrow's burdens today.

You don't need a perfect prayer from me, so I simply give You what I'm carrying. Help me trust You, take the next faithful step, and rest in knowing that You are present.

In Jesus' name,

Amen.

