



GUIDED BIBLE STUDY

Resting in God's Presence

Speaker: Rob Reidel

Highlighted Scripture

Psalms 46:10

God calls His people to be still, release control, and recognize that He alone is sovereign over every situation.

Matthew 11:2

Jesus invites those who are weary and burdened to come to Him and receive true rest.

Luke 5:16

Jesus regularly withdrew to quiet places to pray and spend time with the Father.

Discussion Questions

- **Why do you think it is so difficult to truly slow down and rest?**
- **What does "be still" practically look like in your daily life?**
- **How is resting in God different from simply taking a break?**

- **Why is trust connected to rest and peace?**
- **What can we learn from Jesus intentionally stepping away to pray?**

Reflection Challenge

Focus on intentionally slowing down and resting in God's presence.

Ask yourself:

- **What keeps my mind anxious or constantly busy?**
- **Am I carrying burdens God never intended me to carry alone?**
- **When was the last time I intentionally sat quietly with God?**

Try this:

- **Set aside five uninterrupted minutes each day for stillness and prayer**
- **Put away distractions and spend time outside or in silence with God**
- **Slowly meditate on: "Be still and know that I am God" throughout the week**

Remember

- **Rest is not laziness—it is part of trusting God**
- **Jesus Himself practiced solitude and prayer**
- **God cares about your peace and emotional well-being**

• **A still heart often reflects a trusting heart**

Prayer

Father God,

Thank You for being my peace in a busy and anxious world.

Teach me to slow down and trust You more deeply.

**Help me release the burdens I was never meant to carry
alone.**

**Calm my heart, renew my mind, and remind me that You are
always in control.**

In Jesus' name,

Amen.

