

Can I Be Still and Quiet?

God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear though the earth give ways and the mountains fall into the heart of the sea though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the "Most High" dwells. God is within her, she will not fall. God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bows and shatters the spear; he burns the shields with fire. He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The Lord Almighty is with us; the God of Jacob is our fortress.

Psalm 46:1-11 (NIV)

1. The meaning of the word to _____ in Hebrew means to let go, stop striving, slacken and let drop.

2. When I am Still, I have space to _____; to know He is God.

"Then he said to them, 'Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the LORD is your strength.' So the Levites quieted all the people, saying, "Be still, for the day is holy; do not be grieved."

Nehemiah 8:10-11 (NKJV)

3. When I am Still, I have space to _____ God's flawless record of faithfulness.

"Now I am about to go the way of all the earth. You know with all your heart and soul that not one of all the good promises the LORD your God gave you has failed. Every promise has been fulfilled; not one has failed.

Joshua 23:14 (NIV)

"Listen to this, O Job; Stand still and consider the wondrous works of God.

Job 37:14 (NKJV)

4. To be still, and know that I am God, I have space to _____.

"But Jesus often withdrew to lonely places and prayed."

Luke 5:16 (NIV)

5. To be still, and know that I am God, I have space to have _____ for all circumstances.

"And Moses said to the people, "Do not be afraid. Stand still, and see the salvation of the LORD, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever."

Exodus 14:13 (NKJV)

"You will not need to fight in this battle. Position yourselves, stand still and see the salvation of the LORD, who is with you, O Judah and Jerusalem! 'Do not fear or be dismayed; tomorrow go out against them, for the LORD is with you.'"

2 Chronicles 20:17 (NKJV)

6. When I am Still, I have time to _____.

"Then she said, "Sit still, my daughter, until you know how the matter will turn out; for the man will not rest until he has concluded the matter this day.

Ruth 3:18 (NKJV)

Where is your Quiet Place? _____

"Do you have a Quiet Faith? _____

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