

Psalm 46:1-3, 10-11 (English Standard Version)

God is our refuge and strength, a very present help in trouble.

Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,
though its waters roar and foam, though the mountains tremble at its swelling.

“Be still, and know that I am God.

I will be exalted among the nations, I will be exalted in the earth!”

The Lord of hosts is with us; the God of Jacob is our fortress.

Have you noticed lately that whatever the question, the answer is busy. How are you? Busy. How’s work? Busy. How’s the family? Busy. “I have a mile-long list of obligations to family, work, friends, church, etc. I’m so swamped that I can’t afford to give you more than a one-word answer—busy.” And yet God commands us to “Be still and know that He is God.”

Discuss the following questions. If you are in a larger group, you may want to divide into groups of three for this discussion. You may then decide to report back to the larger group or to move directly to prayer time.

1. Outside influences, events, or activities can encroach or overshadow our prayer time with God. What competing voices intrude most on your prayer time? How do you tune out the “noise” of the world so that you can hear the “still, small voice” of God?
2. We generate a lot of internal “noise.” “Be still” literally means “to let go.” What part of your own agendas, fears, and concerns do you have the most trouble turning over to Jesus? Do you ever find yourself talking **at** God in prayer rather than being **with** Him in conversation?
3. Being “still” implies patient waiting. However, most of us don’t like to wait and society ingrains in us that waiting is wasting time. How have you cultivated skills of active listening to God in the time of stillness and waiting?
4. In the church, we often talk about gifts of the Spirit, but equally important is the fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control—because fruit is about being connected to vine. How is the Spirit bearing fruit in you through your prayer life? How is that fruit transforming your relationship with God? with the Church? with the community?

Prayer:

Dear Heavenly Father, we set aside the things of this world, naming specifically...

We give you our needs, concerns, cares, and agendas, naming specifically...

We come seeking you. God be our focus and our center.

Speak Lord, your servant is listening (time of silence).

God, we honor you, we exalt you. Transform our lives that we may bear much fruit so that your kingdom might come. Amen.