



Be Still And Know That I Am God

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Psalm 46

Icebreaker:

When you're looking for a quiet place to calm down your life and heart, where do you go?

The Study:

Most Christians know the verse, "Be still and know that I am God," but few know the psalm written around it. Standing back and looking at the entire psalm, as well as its individual sections, gives us a clearer sense of what that verse really means. And it's much, much more than: *Slow down, get quiet and you'll experience more of God.*



Section 1: Verses 1-3.

The Focus: the unbelieving world.

The Message: There is no peace to be found in the world.

Read verses 1-3.

1. "God is our refuge and strength, a very present help in trouble." The psalms are filled with many beautiful verses like this. We would encourage you that whenever you come across a verse like this, that you write it down in your spiritual notebook (do you keep one?) and then, *memorize it*. Why should we do this? Read Ephesians 5:18-19.

2. How does the writer describe the general state of the world in verses 2 and 3?

Would you agree with his assessment? Explain your answer.

Section 2: Verses 4-7.

The Focus: the city of God, the community of faith, the church.

The Message: Peace is found with God and his people.

Read verses 4-7

3. God's presence and peace are often symbolized by a 'river' in the Bible. Look up the following verses, then come up with 3-5 observations about the peace that God's people enjoy.

*Psalm 1:1-3, Psalm 23:1-2, Isaiah 66:12a, John 7:37-39,
Revelation 22:1-2*

Observations:

4. One of the reasons we can have peace, is that we have been given forgiveness. For the 'sons of Korah' who wrote this psalm, forgiveness was especially important. Why? (For a hint, read Numbers 16:1-3, 31-33; 26:11). Why do you think the psalms written by the sons of Korah are known for their overflowing love for God?

A Question to Ponder Silently:

Do I realize how much I have been forgiven? Do I have this sense of overflowing love for God in me?

5. Somebody Google and play the Matthew West song, “*Forgiveness*”. After you’ve listened to it, talk about why forgiveness is so important to having peace.

How much of this *peace of forgiveness* do you see in the unbelieving world today?

6. Isaiah 7:9 says, “*Of the increase of [Christ’s] government and of peace, there will be no end.*” Why would it be that as Christ’s rule in a person’s heart goes up, peace will also go up?

Can you think of place in your life where the Holy Spirit helped you overcome a sinful habit, and the end result was greater peace?

Section 3: Verses 8-11.

The Focus: the entire earth

The Message: God will rule the world and fill it with his peace.

Read verses 8-11.

7. Don’t expect the world to ooh and ahh about the peace we Christians enjoy and come running to join us. In fact, you better brace yourself for just the opposite. Skim the article, *Like A Tweet, Lose A Lease*, by Tony Perkins (from June 10th, [Google it or click here](#)). Then share your thoughts.

8. Why do you think God has to bring “desolations on the earth” (vs.8) before he can “make wars cease” (vs. 9)? What’s the connection?

9. Toward the end of the psalm comes the famous verse we all love. “*Be still, and know that I am God.*” Hopefully we’ve grown in our understanding of what this verse means. It’s more than just saying, “Quiet your heart/stop being busy/tune down the noise and you’ll experience God.”

Write out in a couple sentences your sense of what this verse means, then share it with the group.

Prayer Requests:

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