



USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.

Message Recap: There is a cultural perception that to be successful in life, you must always be busy. But what if God wants you to be present with him and the people around you rather than in the hot pursuit of perfection and production?

» Main Points

- When we run too hard or too fast, there are consequences.
- Pursuing perfection is exhausting.
- We can be present only because God is present.

» Getting Started

- In this season of life, are you pursuing perfection or presence?

» Observation

- Read and reflect on [Psalm 46:10](#)
- What are your initial reactions to this passage? What do you find challenging? How are you encouraged? Why?

» Questions for Reflection and Discussion

- Describe a time when you have experienced (Yâda'd) God's presence. What made that experience so memorable?
- What are some of the barriers you face when it comes to experiencing God's presence? If this kind of presence is experienced from long obedience in the same direction over time, how can you create consistency with your time with God?
- God does not need you to pretend, perform, or produce for him to be present in your life. Does this statement encourage or discourage you? Why do you think that is?

» Next Steps and Prayer

- This week, make space and time to encounter God's presence through:
 - Silence - slow down and step into God's presence
 - Scripture - to awaken your awareness of God
 - Song - worship draws our attention from ourselves and makes us aware of God's presence
- Close by praying that you will regularly make space and time to encounter God's presence a part of your rhythms.

Psalm 46:10

He says, "Be still, and know
that I am God;
I will be exalted
among the nations,
I will be exalted
in the earth."

-New International Version-

Psalm 46:10

"Stop striving and know
that I am God;
I will be exalted
among the nations,
I will be exalted
on the earth."

-New American Standard Bible-

Psalm 46:10

Let be and be still,
and know (recognize and understand)
that I am God.
I will be exalted
among the nations!
I will be exalted
in the earth!

-Amplified Bible-