

Sermon Title: A Heart for God: Be Still and Know

Sermon Scripture: Psalm 46:8-10



Sermon Discussion Guide (2/01)

Begin the discussion by checking in with each person present and share prayer requests/praises with the group. Then, have one person offer a prayer for the group making sure to include any prayer requests that were mentioned earlier.

Scripture

Read Psalm 46:8-10 out loud. Discuss any initial thoughts you have about these verses.

Observation

How is God described in these verses? What do we learn about His character and ways of acting in the world?

This Psalm was likely written during a period of political instability where there was a threat of war. How does this context help you to see how we should also respond when we experience chaos and unknown situations?

Read Mark 1:35-39. What do these verses reveal to us about our need for intentionality? What do they reveal to us about the ways that stillness leads to faithfulness and surrender?

Read Matthew 6:6. If you would like to further reflect on this verse by reading the Message paraphrased version, it is provided here “Here’s what I want you to do: Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.” What do these instructions that Jesus gives to His disciples reveal to us about prayer? Why do you think that Jesus specifically tells His disciples to go somewhere private/without distraction?

Application

When have you last taken some time to be still and sit in the presence of God? Is this something you practice on a regular basis? Why or why not?

In what ways do you experience restlessness, striving, or busyness in your life? Why do you think it can be so easy for you to be drawn to this way of life?

In what ways can you value productivity [doing things for God] over intimacy [being with God]? How might reclaiming your identity in being loved by God and/or choosing to trust that God is at work even in your rest help you to slow down and find time to listen to the voice of God?

Pastor Kenny closed the sermon by offering us an invitation to be still and know God. How will you intentionally schedule time this week to live into this invitation?

Prayer

Gracious God, we confess that we often live with racing minds and empty souls. We hurry. We strive. We fill our lives with noise and wonder why we feel distant from You. Teach us to be still. Teach us to trust. Help us to slow down long enough to see who You are and who we are in You. Create in us hearts that long for Your presence more than productivity, and for communion more than accomplishment. Fill us again, O God, so that we may faithfully pour ourselves out in love and service. We pray this in the name of Jesus Christ, Amen.