

## ***“Be Still: Meditate”***

**Growth Group Guide**

**January 25, 2026**

### **WELCOME** *(Connecting with each other)*

The songs in Psalms have blessed generations of Christians, helping us to worship, praise, lament and pray. They teach us to be honest with God and ourselves, to process any and every emotion, thought, and situation with Him. In many Psalms, as well as the one we will study today, we see the word “Selah” which means to pause and think calmly. How might this definition change the way we think about our English word “meditate?”

### **WORSHIP THROUGH PRAYER** *(Connecting with God)*

Read the verses and poem below. Take joy in God! He listens to our inner conversations with Him and He answers with perspective and peace.

Psalms 29:11 NLT. The LORD gives his people strength. The LORD blesses them with peace.

Psalms 145:17-18 ESV. The LORD is righteous in all his ways and kind in all his works. The LORD is near to all who call on him, to all who call on him in truth.

John 14:16-17a, 17c NCV. I will ask the Father, and he will give you another Helper to be with you forever—the Spirit of truth ... he lives with you and he will be in you.

“I can go when God sends me, I can rejoice when standing still. I am patient and contented, when I’m resting in His will.”  
(Lessin, Roy, Fret Busters, page 29, 2015.)

### **WORD** *(Letting God speak to us)*

1. **Read Psalm 4.** This Psalm is written by David following him fleeing Jerusalem because his son Absalom is leading a rebellion to seize the throne. David is working through this painful experience and pouring out his heart to God in poetic verse. Discuss helpful ways we could process our difficult experiences/circumstances with God.
2. **Read Psalm 4:1 in the DARBY translation.** Think about places you go for help when you are in distress. In this verse we see David go right to God. Discuss why that is important. What characteristics of God is David hoping in?
3. David refers to God as the God of my righteousness. Is it possible for God to be God of our righteousness too? Why or why not?
4. David said in pressure God has enlarged him. What does he mean by this? God intends to enlarge us in pressure as well. What would that look like in our experiences? How might this change our perspective and interaction in situations where we feel squeezed?
5. **Read Psalm 4:2-3 NKJV.** David’s character has been assassinated and he wonders why and for how long it must continue. David’s questions

are addressed to other people rhetorically. He’s not expecting a response from them. He’s venting and getting things off his chest with God. Why do you think that’s important for him and us?

6. Following these questions, David inserts a Selah (see-luh). Why do you think David inserts it here after his hotly asked questions? How might that be of value to us?
7. Following his pause, David turns his attention to God and who He is to him. In verse 3, what does David tell us about God?
8. **Read Psalm 3:3** and add to what you’ve pulled from 4:3. Which qualities of God’s are personally meaningful to you today?
9. **Read Psalm 4:4-5 KNJV and Ephesians 4:26.** Have you been told anger is wrong? David and Paul say be angry and do not sin. What do you think of this statement? Discuss how this is possible.
10. **Read Romans 12:1.** How does this bring forward to today what David describes in Psalm 4:5?
11. **Read Psalm 4:6-8 KJV and Numbers 6:24-26.** Concluding this psalm, David says many people want to see good (be shown good). How do these verses show God provides it for us?
12. David shows us through this psalm that we can find God’s goodness, a life-giving perspective and peace as we process difficulties with Him, meditating (“Selah-ing”) on the truth by His Spirit for we are living in God and He is in us; we are his loved children. Close in prayer.

### **WALK** *(Living out God’s purposes)*

- ✓ **One Big Idea: To be still is to meditate with God inwardly about our troubles, giving them to Him, and receiving from Him perspective and peace.** This week ask God to coach you in processing a difficulty in your life with a process like David did in Psalm 4. Remember, your soul can take a Selah pause as many times as needed in your conversation with God. As you pray, ask the Holy Spirit to help you see what God’s perspective is, the goodness He is giving you today, and to enable you to step into the peace your heart needs.

### **WORLD** *(Embracing God’s heart for others)*

Everyone Village’s most significant milestone last year was the opening of their on-site medical clinic and recuperation cottages—a first-of-its-kind partnership with PeaceHealth and Volunteers in Medicine. This means residents now have access to primary care and a safe place to heal, right where they live. For many, this had been the difference between cycling back into crisis and moving forward with dignity and strength. In 2025, our support also helped to provide safe transitional housing for dozens of individuals and families, create workforce opportunities and community connection, and demonstrate a better, more humane model for addressing homelessness. This work has been noticed—by healthcare partners, educators, local media, and communities across Oregon—but what matters most is this: lives are changing. Continue to pray for them as they gain momentum in 2026. (December Everyone Village Update, 1/29/2025.)

*[Copies of this Guide are available at <https://thurston.church/resources>]*