

“Be Still: Cease Striving and Know”

Growth Group Guide

March 15, 2026

WELCOME *(Connecting with each other)*

Nature and nations: two exceedingly unstable spheres in our world today. Recent data says our top global issues are economic instability, environmental, armed conflict, poverty, food and water. They impact our everyday lives just like they did in the lives of all Biblical characters. It’s in the midst of things like this that God invites us in Psalm 46 to “Be still, and know that I am God.” Discuss how counter-intuitive this is but how helpful and needed. Talk about God’s goodness in giving us this command.

WORSHIP THROUGH PRAYER *(Connecting with God)*

Open in prayer inviting the Spirit to lead your time together. Give thanks that God is God and His goodness is revealed to us as we know Him.

Jeremiah 10:6 “There is none like Thee, O LORD; Thou are great, and great is Thy name in might.”

“[Dear God,] With You, nothing is accidental, nothing is incidental, and no experience is wasted. You hold in Your own power my breath of life and all my destiny. And every trial that You allow to happen is a platform on which You reveal Yourself, showing Your love and power, both to me and to others looking on. Thank You that I can move into the future non-defensively, with hands outstretched to whatever lies ahead, for You hold the future and You will always be with me, even to my old age...and through all eternity.” (Meyers, Ruth and Warren. 31 Days of Praise. Day 5. Kindle.)

WORD *(Letting God speak to us)*

1. **Read Psalm 46:1-3.** Notice how the focus of this psalm starts with looking at who God is. What do you learn about God in v1? (Note: “ever present” means “always” but also “proven.”) How can this help us when we are feeling unstable, fearful, worried, anxious, etc.?
2. Fear is believing a situation exists where God isn’t present, but the outcome of knowing who God is causes us not to fear. What ways have you found don’t work when trying not to fear? How might believing God is always present, and with us, change a fear area in our life?
3. The writers of this psalm paint the picture of the worst possible scenarios, literally in nature and figuratively in a nation. Do you see current worst-case scenarios in either of these today? How might we view them differently if looked at through the lens of v1?
4. **Read Psalm 46:4-7.** How does the picture, or tone, in these verses differ from v1-3? Why do you think this change is used?
5. In v4, it tells us that God Most High dwells in the holy place. Today that’s you; you are the temple of God. How does that change the meaning of v4-5 for you?

6. **Read Psalm 46:8-11.** Nations may start wars, but God ends them. How could this focus our prayers with the current world environment?
7. In v10, God says “Be still.” He’s not saying have a quiet, meditative, devotional time; He’s saying hands off, relax, stop. Based on the psalm up to this point, why would God say this and command us to know He is God? Why is it essential for us?
8. See v1, v7, and v11 again. Words like “us” and “our” show this psalm is for group encouragement and worship too. So, what we learn in this psalm can change us as a church community too. How might the Church be different aligning itself with the truths in this psalm?
9. One day everyone will realize the position God already holds over everything. However, we know it already. How might we encourage one another if we’re struggling to see this reality?

WALK *(Living out God’s purposes)*

- ✓ **One Big Idea: To be still is to cease striving and to know God is God.** How wonderful to realize that God doesn’t want us spinning our wheels with fear but invites us to know Him instead. This week review His qualities from Psalm 46 and remember, because He supplies us with all of Himself, we will not be moved, or shaken. It’s best to tell God when confronted with chaos, whether nature, nation, or something else, “God I’ve got nothing, but I’m glad you are God and have everything under control, and so I trust you with it, no matter how it looks or feels.” Did you have a fear area that was highlighted during this study? Talk to God about it as you focus on knowing Him and letting Him handle it. If you sense, you want to grab control, remember this paraphrase of Psalm 46:10, “Stop flailing around, worrying about the outcome. I am in charge!” He’s got you!

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

We received a special note from our missions partner, Pastor Aury Villa, in the Dominican Republic. He says, “Beloved brothers [and sisters]. God bless you. I am writing to you on this occasion to express my sincere gratitude for your financial support of this work in the Dominican Republic. Your support has been and continues to be vital for the development and advancement of God’s work in our community and in this pastoral house. You are an answered prayer from God to us, at the most opportune moment your offering always arrives to meet an existing need, for which we give glory to God. Thank you so much for your generosity. God bless you. Pastor: Aury Villa. ‘And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. (Colossians 3:17).’”

Pray for Pastor Aury, his family, ministry team, volunteers, and other participants in the work God has called them to be a part of weekly. Pray for guidance and wisdom as they continue to develop outreach strategies and the facilities to meet the needs of their local communities.

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