

“Be Still: Foundation”

Growth Group Guide

March 8, 2026

WELCOME *(Connecting with each other)*

Take a moment to think about what gives confident hope in God. Share your thoughts and describe a time when you experienced Him as your personal, unshakeable foundation. What did your soul gain in the process?

WORSHIP THROUGH PRAYER *(Connecting with God)*

Open in prayer inviting the Spirit to lead your time together. Give thanks that God is a solid foundation to construct our lives on. And when we do, we can be still, at rest, and filled with joy!

Psalms 95:1 ESV

Oh come, let us sing to the Lord;

let us make a joyful noise to the rock of our salvation!

“The Lord’s presence in your life is not a small thing or a big thing—it is everything. The Lord’s presence with you today is your rest! He is...the guardian to keep you, the shade to cover you, the shield to protect you, the warrior to defend you. He is...before you as your guide, behind you as your guard, beside you as your friend, around you as your shelter, above you as your watchman, underneath you as your foundation. He is the peace that keeps you, the song that fills you, and the love that holds you through every moment of every day.” (Lessin, Roy. Fret Busters. Pg. 96. Copyright 2015 Roy Lessin.)

WORD *(Letting God speak to us)*

1. **Read Matthew 7:24-27** in the Message translation if possible. Why is a solid foundation important in these verses? Why is it even more important spiritually?
2. **Read Hebrews 1:2; John 1:1-2, 14; and 1 Corinthians 3:11.** Words aren’t just things Jesus said. How does your understanding of what Jesus spoke expand after reading these verses?
3. **Read Psalm 62:1-4.** Verse 1 is one of two “be still” verses. The phrase “waits in silence” includes the idea of stillness. Waiting in stillness isn’t passive but active. Based on the descriptors we’ve had so far in the Be Still series, how would you describe what’s going on in David’s soul (thinking, feeling, choosing) as he’s waiting in silence? (Descriptors: Be Still = Listen, Wait and Watch, Meditate, Surrender, Rest, Focus and See, Faith and Peace, Contentment.)
4. In v1-2, what do we learn about God?
5. **Read Psalm 18:1-2.** How is the great news discovered in question #4 further driven home by these verses? How do they add to why David says, “I shall not be greatly shaken.”?
6. David had struggles with his emotions and thoughts, but He chose despite those to live by what he knew to be spiritually true of God

and who He was to David. Why could it be important to understand why David did this and to practice it ourselves?

7. **Read Psalm 62:5-8.** “Wait in silence” in v5 means to “be still.” What other “be still” descriptors might you use in this verse to broaden David’s meaning? How does this help this verse take on new meaning for you? (See list in question #3.)
8. David says his hope, which is confidence, is from God. What changes for you knowing hope is a gift, not something you have to muster up?
9. Our confidence in God is birthed out of trusting Him even before we feel confident in Him. Is that a different thought for you? How does that change your relationship with God?
10. **Read Psalm 62:9-12.** From these verses, what are we to depend on and not depend on? **Read 2 Samuel 24:14** for help. How does this encourage you to grow in living dependent on God?
11. What David wants others to know flows from what he’s learned for himself. How would you like to grow so that you can encourage others to always trust in God? Who might you like to share this Psalm with?

WALK *(Living out God’s purposes)*

- ✓ **One Big Idea: To be still is to have an unshakable foundation in God alone.** This is a good week to enjoy God for who He is as it relates to our unshakeable foundation in Him. Salvation, a Mighty Rock, a Fortress, Glory, Refuge, Power, and Steadfast Love. There are seven words here describing God. Take one a day, meditate on it, and enjoy God and how He is already real to you in that way. If there is one that you would like to experience more, talk to Him specifically about that this week as you continue to take joy in Him, stand firm on Him, resting and receiving from Him. Use David’s method of confident faith in God in that area, even before you feel it, and see what God will do.
- ✓ Consider with God if there is a specific area you could walk in faith regarding who God is and who He says you are despite thoughts or feelings you may have to the contrary. See question #6.

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

Part of our monthly church missions support goes to our missionary in Nepal. He is a gifted evangelist who leads hundreds of people to Christ every year. Yet he and other believers face ongoing persecution from radical elements within Hinduism. When Christians evangelize, they may be beaten. When Hindus convert to Christianity, their homes may be burned and their livestock killed. In villages under Hindu control, Christians may be denied access to the community well. Yet these believers continue to share the gospel! People continue to repent, to be baptized, and to become part of God’s family! Please pray for him, his family, and our brothers and sisters in Nepal. Ask God to watch over them and continue to give them a courageous faith.

[We don’t share our missionary’s name outside the church or in any public forums; doing so might place him at risk with government authorities.]

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