



Small Group Guide – May 24

Songs of The Summer: Be Still

Date: May 24, 2026

Focus Passage(s): Psalm 46

Theme: Being still means trusting God with what we cannot control.

Suggested Schedule (60 minutes total)

Segment	Time	Description
Icebreaker	10 min	Get comfortable, begin connecting
Intro/Recap	5 min	Read the key passages for the week
Group Discussion	25 min	Dive into Scripture and discuss application
Deeper Dive Option	5–10 min	Deeper Bible study or individual challenge
Prayer & Requests	10–15 min	Close in prayer for growth + personal needs

Welcome + Icebreaker (10 min)

What is a song that instantly brings back a memory or feeling for you? Why?

When life gets stressful, what is your default response: fight it, fix it, avoid it, or distract yourself?

Key Message Recap

We are beginning our summer series, *Songs of the Summer*, where we are walking through the Psalms and discovering how these songs and prayers speak into real life.

We are looking at Psalm 46 and one of the most quoted verses in Scripture: “Be still and know that I am God.” We often hear it as an invitation to slow down, but this Psalm reveals something deeper.

Discussion Questions (25 min)

God, Our Refuge

Read Psalm 46:1-3.

What does the word “refuge” mean to you?

Why do people often run to other things for safety before turning to God?

Where do people commonly seek comfort or security when life gets difficult?

Key Truth: God is not just powerful. He is present.

God Has Power Over the Chaos:

Read Psalm 46:4-7.

The Psalm talks about earthquakes, mountains crumbling, and nations in chaos.

Why do you think these images are used?

What situations in life feel chaotic or out of control right now?

How does remembering God's power change your perspective?

Key Truth: God has power over nature and nations.

The Battle We Were Never Meant to Carry:

The message highlighted this statement:

"Stop trying to be the savior."

Why is it difficult to let go of control?

In what areas of life do you tend to carry responsibility that was never meant to be yours?

What happens when we try to carry everything ourselves?

Key Truth: Trying to play savior leads to exhaustion.

What “Be Still” Really Means:

Read Psalm 46:10-11.

How is “be still” different from simply slowing down?

What do you think it looks like practically to “stop fighting” and trust God?

Why is surrender often harder than striving?

Key Truth: Being still means trusting God with what we cannot control.

Real-life Application

Many of us are exhausted because we are carrying things we were never meant to carry.

Psalm 46 reminds us that God has already won the war, even when our battles still feel very real.

What battle are you carrying right now that you need to place back into God's hands?

Next Steps Challenge

This week:

Identify one battle you have been trying to control.

Pray specifically and surrender it to God.

Practice one moment of intentional stillness each day.

Repeat this simple prayer: "God, you are my refuge. I trust you."

Prayer

Trust-Focused Prayer:

Thank God for being your refuge and strength.

Confess areas where you have tried to control everything.

Ask God for peace, trust, and surrender.

Pray for rest in the middle of life's battles.

Pray specifically for stress, anxiety, family situations, and ongoing struggles.

Observe 60 seconds of complete silence. Identify one battle you have been trying to fight alone and quietly surrender it to God. "God, I release what I cannot control and trust you with it."

For a lot of us, the reason we're exhausted isn't because we don't trust God. We're trying, and failing, to save ourselves. We're trying to do God's job.

Deeper Dive Character Study: Martha

Scripture: Luke 10:38-42

Martha loved Jesus and wanted to serve Him well, but she became overwhelmed and distracted by everything she felt responsible to do.

While her sister Mary sat with Jesus, Martha kept striving and carrying burdens that were exhausting her.

Her story mirrors Psalm 46 because Martha struggled with trying to hold everything together instead of resting in Jesus.

Key Moments

Distraction and Busyness – Luke 10:40

Martha becomes overwhelmed by all she feels needs to be done.

Frustration – Luke 10:40

“Lord, doesn’t it seem unfair to you...?” Her striving begins turning into frustration.

Jesus’ Invitation – Luke 10:41-42

“Martha, Martha... you are worried and upset over all these details.” Jesus pointed out that those details were not the best way to honor Him.

Discussion Questions

Why do you think Martha struggled to slow down?

How do you relate to Martha's tendency to carry too much responsibility?

What are some ways busyness can keep us from resting in God?

Why is sitting with Jesus often harder than staying busy?

What would “being still” look like in your life this week?

Key Takeaways

Busyness can become a form of control.

Jesus invites us into rest, not constant striving.

We were never designed to carry everything.

God is a refuge, not another burden.

Psalm 46 reminds us to stop trying to be the savior. God is already at work. Be still and know that He is God.