

BE STILL

a study on Psalm 46:10

What you will need: your Bible, a pen, this study sheet, a quiet place, a timer.

1. Sit in your quiet place. Remove as many distractions as you can. Read Psalm 46:10:

*“Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!”
- Psalm 46:10*

2. Set a timer for three minutes. Close your eyes and let your mind rest on God. After the timer goes off, journal your thoughts below.

- a. What did you “see” or think about?

- b. Did three minutes seem long or short to you? Did your mind wander?

3. The Hebrew word that translates as “be still” in the ESV is *הִרְפּוּ* (*har·pū*.) It comes from the root *רָפָה* (*raphah*¹) which means *to sink* or *relax*.

Look up the following verses. How does each verse impact your understanding of “being still”?

- a. Exodus 14:14

- b. Psalm 37:7

- c. Psalm 62:5

¹ note that although pronounced similarly, the word *raphah* *רָפָה* is not the same as *rapha* *רָפָא* which means “to heal,” and which is one of the names of the Lord – Jehovah Rapha, God our Healer.

d. Mark 4:39

4. What does it mean to “know that I am God?”

a. Psalm 100:3

b. Jeremiah 9:23-24

c. Ezekiel 38:23

d. John 17:1-3

e. Philippians 3:8-11

5. How and why will God be “exalted among the nations?”

a. Psalm 86:9-10

b. Isaiah 2:17

c. Philippians 2:9-11

d. Revelation 5:13

6. How and why will God be “exalted in the earth?”

a. 1 Chronicles 19:11

b. Psalm 19:1 – 4

c. Psalm 57:5

7. Read again the questions in #3 as well as your answers. Set your timer for three minutes again. Relax your body and close your eyes for those three minutes, and allow the Lord to give you a deeper knowledge of Himself, as you meditate on the verses you have studied today. *Was your experience of stillness after spending time in the Word different from your experience at the beginning of the study? If so, how and why?*

8. What change can you make in your life *today* that will allow for a greater stillness that you can carry throughout the day?

9. *Conclude with a prayer:*

Lord I praise you because....

I confess to you that...

Thank you for showing me that....

Please help me to...