

Introduction:

- ¹ God is our refuge and strength,
an ever-present help in trouble.*
- ² Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,*
- ³ though its waters roar and foam
and the mountains quake with their surging.*
- ⁴ There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.*
- ⁵ God is within her, she will not fall;
God will help her at break of day.*
- ⁶ Nations are in uproar, kingdoms fall;
He lifts His voice, the earth melts.*
- ⁷ The LORD Almighty is with us;
the God of Jacob is our fortress.*

Psalm 46:1-7

“The deepest destiny of your life is to descend ever deeper with quiet yet ever-increasing intensity into the endless love of God.”

- Dane Ortlund

Eight Words

“Be still, and know that I am God.”

Psalm 46:10a

Be Still

_____ is the great enemy of the soul.

Know

_____ the presence of God.

I am God

Which means _____ God.

Names of God

- Yahweh Nissi = He is my banner
- Yahweh Jireh = He is my provider
- Yahweh Raah = He is my shepherd
- Yahweh Tsidqenu = He is my righteousness
- Yahweh Rapha = He is my healer
- Yahweh Shalom = He is my peace

Steps to stillness

- _____ stillness.

Find a quiet space without technology distractions.

- _____ stillness.

Write down the “to do” lists that keep popping up and push through distracting thoughts.

- _____ stillness.

Hand over to God your fears, hurts, unforgiveness, self-righteousness, things that have made you angry at God, or anything you’re holding onto.

Discussion Questions:

1. Have you ever prioritized the wrong thing? What was the consequence? How does this challenge you to prioritize what's truly important?
2. Ryan mentions, "hurry is the enemy of the soul." Take some time to identify the areas where you feel hurried. What practical steps will you take today to "be still"?
3. Why is it so crucial to understand that you are not God? What implications does this have on the way you approach decisions in your life?
4. In the teaching, Ryan mentions a few of God's names. How has God shown up in your life as:
 - Yahweh Nissi = He is my banner?
 - Yahweh Jireh = He is my provider?
 - Yahweh Raah = He is my shepherd?
 - Yahweh Tsidqenu = He is my righteousness?
 - Yahweh Rapha = He is my healer?
 - Yahweh Shalom = He is my peace?