

# “BE STILL AND KNOW THAT I AM GOD”

A Bible engagement resource for teenagers and young people.

AIMED AT

TEENS & YOUNG PEOPLE

## Introduction

Let's talk about stillness. As you're probably aware, the world is quite... not still... at the moment. When things are so uncertain, and changing so rapidly, it can be super difficult to even take a breath, let alone “be still” (in the Psalm 46 sense) and acknowledge God's power & life-giving presence in our lives.

## Being still

So, right now, breathe. Take a moment, and think about what “stillness” can look like, sound like or feel like for you, especially in this time. What is it like now? What do you want it to be like?

Sit in silence and reflect on what this passage means to you:

**“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**

Now, in your mind, pray over this verse today for someone you know. It could be a friend, family member, yourself, or anyone on your mind.

*Pro Tip:* If sitting in silence isn't your jam, you might want to pop on some chill music to get you into the zone. It could be gospel tunes, instrumentals, or maybe some nature sounds. Whatever works for you!



Image “Be still and know that I am God” from @scriptureunionvictoria on Instagram

## Bible engagement

Read the whole chapter of **Psalm 46**, either as a group, family, or by yourself. Read it again, slowing your breath and allowing the words to take up space. Now read it one last time, even slower and let it really sink in.

## Conversation

What words or phrases from Psalm 46 stand out to you? What are you hearing or seeing or feeling? What are the themes and imagery of this passage?

What from this passage is similar to what you are going through in your life now?

What does this passage say about God? What characteristics do you notice?

What do you think God wants to share with you from this passage? What does He want you to know with everything that's going on in your life right now?

Feel free to share these amongst your group of family, or record them in your journal.

## Reflection activity

Take a moment and ask God who you can bless with this passage this week.

You could even share it with that person or people in a creative way - you could rewrite it using typography, turn it into a drawing or a poem, use photography, write it in your own words, or simply forward it on to someone else. You could also create something just for you, as a reminder of God's power and presence in your life.