



[He says] Be still, and know that I am God. (ESV, KJV, NIV, NLT)

Be still and know (recognize, understand) that I am God (AMP)

That's enough! Now know that I am God! (CEB)

Our God says, "Calm down, and learn that I am God!" (CEV)

God says, "Stop fighting and know that I am God!" (ERV, GNT)

Stand silent! Know that I am God! (TLB)

Step out of the traffic! Take a long, loving look at Me, your High God, (MSG)

Stop striving [let go] and know that I am God (NASB)

Be still, be calm, see, and understand I am the True God (VOICE)

"He says, 'Be still, and know that I am God'" (Psalm 46:10a)



Be Still: Day 1

“Stop _____ [let go] and know that I am God ...” (Psalm 46:10a NASB).

How difficult is it for you to “stop”?

Not do.

Not overthink.

Not work.

Not manage.

Not control.

Not plan.

Not arrange or rearrange.

Not mastermind.

Not assume.

Not analyze.

Not manipulate.

Not force.

Not tweak.

Not power through.

No provoke.

But ...

Settle.

Rest.

Stop.

Pause.

How often do you allow yourself to be “_____ by all the preparations” (Luke 10:40 NIV), schedules, and obligations you insist upon juggling?

How often are you perispáō (per-ee-spah'-o) – distracted, drawn away, over-occupied, too busy, mentally overdriven, troubled, distressed¹ – by things that **seem** important and **feel** necessary?

Are you so perispáō (per-ee-spah'-o) that you cannot stop and settle down to enjoy ...

Who God is?

How beautiful you are through God?

How much God loves us?

How much God has blessed you?

Serving is important, because we are called to help our fellow man.

Doing is important, because we are called to take care of ourselves and our loved ones.

¹ Blue Letter Bible, “Strong's G4049 - perispáō”, <https://www.blueletterbible.org/lexicon/g4049/kjv/tr/0-1/>

But **being** is so much more important.

We need time to help us refocus our faith in God's direction – *"man does not live on _____ alone but on every _____ that comes from the mouth of the LORD"* (Deuteronomy 8:3 NIV).

We need time to help us refresh ourselves in the unchanging truth of who God is – *"you alone are God over all the _____ of the earth. You have _____ heaven and earth"* (2 Kings 19:15 NIV).

We need space to renew our faith toward our faithful God – *"I am not _____, for my Father is with me"* (John 16:32 NIV).

We need space to help us restore what has been depleted – *"In _____ I will lie down and sleep, for you alone, LORD, make me dwell in _____"* (Psalm 4:8 NIV).

We need the grace to remember that we need help – *"The work is too _____ for you; you cannot handle it _____"* (Exodus 18:18b NIV).

And how does one find the time and space and grace to be completely with God – all of who we are and what want – if we refuse to *"stop"* with our ...

Agendas?
Schedules?
Plans?
Purposes?
Schemes?

So, today, let us choose to *"stop"*.

Let us make a purposed choice to be with God.

Let us make a purposed choice to be for God.

Let us pause our pursuits and *"stop striving"* so we ...

Sit with God.

Talk with God.

Enjoy God.

Let us find the peace, the hope, and the security that can only come when we choose to *"be"* with the One who created us on purpose for His purposes.



Go Deeper:

If you were going to explain "*striving*" to someone, what would you say "*striving*" is?

Go Deeper:

Why does God call us to "*stop striving*" or "*be still*"? Why is this necessary to our faith and our well-being?

Go Deeper:

What is keeping you from "*stop*" in this season of your life? (What agendas and plans are you saying "yes" to that are causing you to say "no" to being with God and taking care of yourself?)

Go Deeper:

Why does the enemy cause us to stay perispáō (per-ee-spah'-o) to keep us from "*stop*"?

Go Deeper:

Is it easy for you to "*stop*" and "*be*" with God? Why?



Be Still: Day 2

"He says, ' _____ still, and know that I am God ... '" (Psalm 46:10a NIV, ESV, NLT).

To *"be"* is "to occupy a place or position²."

God invites us to create a space for Him so that place and that position becomes one of faith and trust: *ginomai* (ghin'-om-ahee)³.

To become.

To be made.

To receive into being.

To continue.

To follow.

To grow.

More like Him.

Closer to Him.

A better reflection of Him.

Want to become more like Christ?

"Be."

Want to be made more into the image of Christ?

"Be."

Want to continue to grow (in) your faith?

"Be."

Want to be a better follower and servant?

"Be."

Want to continue to learn to love well?

"Be."

God calls to *"be"* with Him – on purpose to revitalize His influence over us and reinvest His presence with us – so we can *"become"* like Him. Because we were created by Him to become like Him.

"As God's chosen people, _____ and dearly loved" (Colossians 3:12 NIV), there are things that *"be"* should produce in our lives.

² <https://www.dictionary.com/browse/position>

³ Blue Letter Bible, "Strong's G1096 - *ginomai*", <https://www.blueletterbible.org/lexicon/g1096/kiv/tr/0-1/>

"The LORD will _____ for you; you need only to be _____" (Exodus 14:14 NIV).

"Have I not commanded you? Be _____ and courageous. Do not be _____; do not be discouraged, for the LORD your God will be _____ you wherever you go" (Joshua 1:9 NIV).

"Now then, stand _____ and see this _____ thing the LORD is about to do before your eyes!" (1 Samuel 12:16 NIV).

"Be _____ and take _____, all you who _____ in the LORD" (Psalm 31:24 NIV).

"Be _____ before the Lord and wait _____ for Him..." (Psalm 37:7 NIV).

"[Jesus] got up, rebuked the wind and said to the waves, " _____! Be still!" Then the wind died down and it was completely _____" (Mark 4:39 NIV).

"Be on your _____; stand firm in the _____; be courageous; be _____" (1 Corinthians 16:13 NIV).

"Be _____ and compassionate to one another, _____ each other, just as in Christ God forgave you" (Ephesians 4:32 NIV).

"Let the _____ of Christ rule in your hearts, since as members of one body you were called to peace. And be _____" (Colossians 3:15 NIV).

"But just as He who called you is _____, so be _____ in all you do" (1 Peter 1:15 NIV).

So, what place do you want to occupy?

What position do you want to assume?

Do you want it to be with God and for God?



Go Deeper:

What is something you want to *gínomai* (ghin'-om-ahee) in your life or your faith? What is a first step you can take?

Go Deeper:

Why is "*be*" an invitation instead of a command?

Go Deeper:

How does Luke 10:39 model "*be*" for us? What does this passage tell us about the importance of "*be*" in the middle of the demands of life?

Go Deeper:

How does "*be*" help us to become *hágios* (hag'-ee-os) – holy, sacred, consecrated⁴ – and more like God?

Go Deeper:

Do you have a favorite "*be*" verse? How does this give you comfort and strength?

⁴ Blue Letter Bible, "Strong's G40 - *hagios*", <https://www.blueletterbible.org/lexicon/g40/kjv/tr/0-1/>



Be Still: Day 3

“Our God says, ‘ _____ down, and learn that I am God! ... ’” (Psalm 46:10a CEV).

I find as I get older it gets easier to be rāphâh (raw-faw') – idle, slacking, relaxed, withdrawn, still, letting go⁵.

It is easier to sit.

It is easier to stay.

It is easier to “*stop striving [let go, relax]*” (NASB).

It is easier to “*be.*”

I still have to remind my mind over and over again that it is a good thing to stop trying so hard and to let go every once in a while. It may not understand “*that’s enough!*” (CEB), whether calmly spoken or harshly commanded, until all the warning sensors are going off. It may not be willing to “*stand silent!*” (LB) while trying to find or create the answers to all the questions.

But God is always right there, reminding me to “*stop fighting*” (GNT).

Because we refuse to rāphâh (raw-faw') ...

That is us thinking we are better and smarter than God.

That is us trying to control the situation to the outcome we have deemed best.

That is us wanting all of the power ... and potentially the glory ... for ourselves and on us.

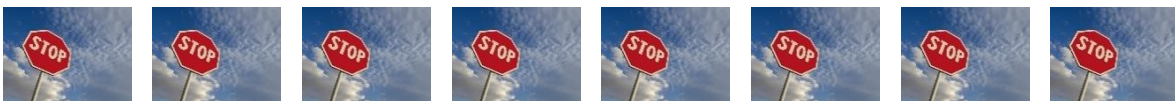
And ultimately, when we insist on running our own lives without God’s input or direction, that is us telling God that He and His grace are NOT good enough. Yes, our need to control puts us in the center of everything instead of God, and we basically tell God to go sit quietly in the corner until we absolutely need Him.

Is this what God wants for us?

Is this God’s best for us?

Or might rāphâh (raw-faw') be a better option? Could rāphâh (raw-faw') be the place where, in pausing and praying, we find the strength, the guidance, the clarity, and the hope that we are (desperately) searching for?

Rāphâh (raw-faw') is an invitation to allow God to be God in your life. Full control for Him. Full submission for you. Will you send Him your “yes” response to His invitation?



⁵ Blue Letter Bible, “Strong's H7503 - rāphâ”, <https://www.blueletterbible.org/lexicon/h7503/kjv/wlc/0-1/>

Go Deeper:

How easy do you find it to râphâh (raw-faw') – to let go, to sit back, to back down? Why? Does it get easier or harder when things get difficult or painful? Why?

Go Deeper:

Why does Isaiah 55:8-9 say we need to râphâh (raw-faw') to God?

Go Deeper:

Why does Isaiah 61:1-3 say we need to râphâh (raw-faw') to God?

Go Deeper:

Why does Matthew 7:9-14 say we need to râphâh (raw-faw') to God?

Go Deeper:

What are we telling God when we refuse to râphâh (raw-faw')?

Be Still: Day 4

"That's _____! Now know that I am God! ..." (Psalm 46:10a CEB).

We all have those moments when we reach the end of our patience.

We all come to the point where we are challenged beyond our abilities by ...

"A furious squall" (Mark 4:37 NIV).

"A terrible storm" (TLB).

"A fierce gale of wind" (NASB).

Something mégas (meg'-as)⁶.

Great.

Large.

Loud.

Mighty.

Intense.

And as we feel more overwhelmed, we become desperate in trying to save ourselves from feelings of "about to sink" (Mark 4:37 CEV, TLB).

Inadequacy.

Incompetence.

Insecurity.

We become so focused on ourselves that our senses tune out all the love and grace and compassion being offered to us by our loving Savior.

He is encouraging our heart, our mind, our emotions, and our words to siōpāō (see-o-pah'-o) – hush, hold its peace, be calm, be quiet⁷.

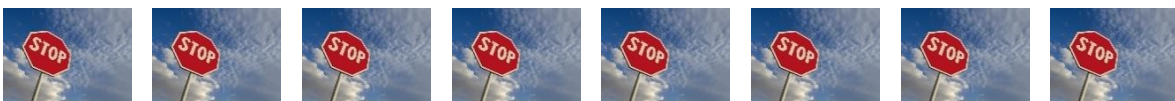
"[Jesus] got up, rebuked the wind and said to the waves, ' _____! Be still!'" (Mark 4:39 NIV).

Stop negotiating.

Stop rationalizing.

Stop excusing.

Tell yourself "that's enough!" and start choosing to trust God.



⁶ Blue Letter Bible, "Strong's G3173 - megas", <https://www.blueletterbible.org/lexicon/g3173/kiv/tr/0-1/>

⁷ Blue Letter Bible, "Strong's G4623 - siōpāō", <https://www.blueletterbible.org/lexicon/g4623/kiv/tr/0-1/>

Go Deeper:

What is the disciples' reaction to the storm in Mark 4:38b? What is their emotional, mental, and spiritual state in this moment?

Go Deeper:

What is Jesus' reaction to the storm in Mark 4:38a? What is His emotional, mental, and spiritual state in this moment?

Go Deeper:

What is the significance of Jesus telling the storm to *phimōō* (fee-mo'-o) – to muzzle, to reduce to silence, to become in check⁸?

Go Deeper:

What can we learn from this story about prioritizing “*be still*” in our lives to find the *galēnē* (gal-ay'-nay) – calmness, tranquility, stillness⁹ – only Jesus can bring?

Go Deeper:

In what area of your life do you want to have God's *galēnē* (gal-ay'-nay)? What people, places, or things do you need to *phimōō* (fee-mo'-o) to move toward it?

⁸ Blue Letter Bible, “Strong's G5392 - *phimōō*”, <https://www.blueletterbible.org/lexicon/g5392/kjv/tr/0-1/>

⁹ Blue Letter Bible, “Strong's G1055 - *galēnē*”, <https://www.blueletterbible.org/lexicon/g1055/kjv/tr/0-1/>

Be Still: Day 5

“Be _____, be _____, see, and understand I am the _____
God ...” (Psalm 46:10a VOICE).

God says slow down and stop striving. You cannot be fully present with God when you are allowing the pressures, the pain, and the problems to distract you.

When Jesus came, He also told us to slow down and stop striving. He repeated what His Father had been saying. He said ménō (men'-o)¹⁰.

Abide.

Continue.

Dwell.

Endure.

Remain.

Stand with.

Be held.

Wait for.

“_____ [ménō (men'-o)] in me, as I also _____ [ménō (men'-o)]
in you. No branch can bear _____ by itself; it must _____ [ménō
(men'-o)] in the vine. Neither can you bear _____ unless you _____
[ménō (men'-o)] in me. I am the vine; you are the branches. If you _____ [ménō
(men'-o)] in me and I in you, you will bear much _____; apart from me you can do
_____” (John 15:4-5 NIV).

Five times in several sentences Jesus tells us to ménō (men'-o).

To wait for God.

To continue trusting in God.

To continue walking with God.

To remain sure that God is with you.

To be held by God's grace.

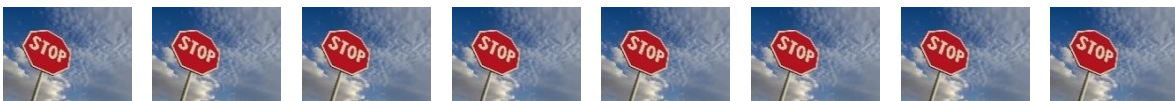
To “*dwell in the shelter of the Most High*” (Psalm 91:1 NIV).

How can you be expectant for good if you do not ménō (men'-o)?

How can you be hopeful for grace if you do not ménō (men'-o)?

Ménō (men'-o).

Stay expectant that God is moving you toward a new level of faith, hope, and love.



¹⁰ Blue Letter Bible, “Strong's G3306 - menō”, <https://www.blueletterbible.org/lexicon/g3306/kjv/tr/0-1/>

Go Deeper:

In what area of your life are you fully ménō (men'-o) on God? Why is it easy for you to lean into and onto God in this area?

Go Deeper:

In what area of your life do you want to ménō (men'-o) on God more? Why is it not easy for you to lean into and onto God in this area?

Go Deeper:

What does John tell us about ménō (men'-o) in John 6:25-35?

Go Deeper:

What does John 15 tell us about how we stay ménō (men'-o) with God?

Go Deeper:

What does Philippians 4 tell us about how we stay ménō (men'-o) with God?



Be Still: Day 6

“Step out of the _____! Take a long, _____ look at Me, your High God ...” (Psalm 46:10a MSG).

Be + still = râphâh (raw-faw')¹¹.

Cease ... control.

Forsake ... fear.

Leave ... lust.

Withdraw ... worry.

Abandon ... anger and anxiety.

Refrain ... rushing.

Drop ... doubt.

Be + still = let go of.

Pain. Problems. Pressures.

Be + still = Be idle.

Stay. Relax. Sink.

Into His grace.

Into His goodness.

Into His generosity.

Râphâh (raw-faw'). “For the LORD your God is a _____ God; he will not abandon [râphâh (raw-faw')] or destroy you...” (Deuteronomy 4:31 NIV).

Râphâh (raw-faw'). “The LORD himself goes _____ you and will be with you; He will never leave [râphâh (raw-faw')] you nor forsake you. Do not be _____; do not be discouraged” (Deuteronomy 31:8 NIV).

Râphâh (raw-faw'). “But as for you, be _____ and do not give up [râphâh (raw-faw')], for your work will be rewarded” (2 Chronicles 15:7 NIV).

Râphâh (raw-faw'). “The LORD will _____ me; Your _____, LORD, endures forever—do not abandon [râphâh (raw-faw')] the works of Your hands” (Psalm 138:8 NIV).

Râphâh (raw-faw'). God promises ... God delivers. The Promise-Keeper has your back!



¹¹ Blue Letter Bible, “Strong’s H7503 - rāpâ”, <https://www.blueletterbible.org/lexicon/h7503/kjv/wlc/0-1/>

Go Deeper:

What does Exodus 14:13-14 tell us about rāphâh (raw-faw') and trusting God? Why is it significant that God tells us to chārash (khaw-rash') – not speak, be/keep quiet, keep/be silent, speak no words, hold your tongue, be speechless¹²?

Go Deeper:

What does Job pray in Job 6:24 that we can also pray to help us rāphâh (raw-faw')?

Go Deeper:

What does Psalm 37:1-8 teach us about how to rāphâh (raw-faw')?

Go Deeper:

What promise does Zephaniah 3:17 make to us about why we can rāphâh (raw-faw')?

Go Deeper:

What does Jesus teach us in Matthew 6:25-34 about rāphâh (raw-faw')?

¹² Blue Letter Bible, "Strong's H2790 - ḥārāš", <https://www.blueletterbible.org/lexicon/h2790/kjv/wlc/0-1/>

Râphâh (raw-faw')
 cease, forsake, leave,
 withdraw, abandon, refrain,
 drop, let go of, relax

Because
 "the Lord your God
 is a merciful God;
 He will not
 abandon or
 destroy you"
 (Deut 4:31 NIV)

control fear lust
 worry anger
 rushing doubt pain
 problems pressures
 anxiety insecurity
 discouragement jealousy

Because
 "the Lord hi
 mself goes
 before you
 and will be
 with you; He
 will never
 leave you nor
 forsake you"
 (Deut 31:8
 NIV)

Because
 "the Lord
 will
 fight for
 you; you
 need only
 to be still"
 (Exodus
 14:14
 NIV)

Because
 "your
 heavenly
 Father
 knows that
 you need
 them [food,
 drink,
 clothing]"
 (Matthew
 6:32 NIV)

Because
 "though he
 may
 stumble, he
 will not fall,
 for the Lord
 upholds him
 with His
 hand"
 (Psalm
 37:24
 NIV)

Because "the
 salvation of
 the righteous
 comes from
 the Lord; He
 is their
 stronghold in
 time of
 trouble"
 (Psalm
 37:39 NIV)



Be Still: Day 7

“Be _____ and _____ [recognize, understand] that I am God ...”
(Psalm 46:10a AMP).

Be + still.

David explains why this is important in Psalm 23.

“The LORD is my shepherd” (1a).

God is our râ’âh (raw-aw') – companion, (special) friend, herdsman, pastor, tender, teacher¹³.

He is a caring and compassionate leader who does not want us to châçêr (khaw-sare') – fail, want, lessen, lack, be without¹⁴ – anything we absolutely need.

As our râ’âh (raw-aw'), God needs us to rest and relax ... to stop and be still ... so we can be prepared for the trials, tests, and temptations that will come.

So, He nâhal (naw-hal') – protects, sustains, carries, guides, leads¹⁵ – us with complete care and concern for our well-being.

Because he wants us to râbats (raw-bats') – recline, repose, fall down, rest, sit, stretch out, lie down¹⁶ – within His mercy and grace.

Because without râbats (raw-bats'), we miss the m^enûwchâh (men-oo-khaw') – peaceful, consoling, comforting, easing, quiet, restful, still¹⁷ – power of His presence.

We miss the possibilities of new He offers (“green pastures”) to spur us on to the next step, the next grace, the next blessing, the next miracle, the next level.

Without râbats (raw-bats'), we miss the tsedeq (tseh'-dek) – right, just, righteous, prosperous¹⁸ – hope of His presence.

We miss “the paths of righteousness” that lead us to His best life for us ... and help us to become the best versions of ourselves.

¹³ Blue Letter Bible, “Strong's H7462 - rā'â”, <https://www.blueletterbible.org/lexicon/h7462/kjv/wlc/0-1/>

¹⁴ Blue Letter Bible, “Strong's H2637 - hāsēr”, <https://www.blueletterbible.org/lexicon/h2637/kjv/wlc/0-1/>

¹⁵ Blue Letter Bible, “Strong's H5095 - nâhal”, <https://www.blueletterbible.org/lexicon/h5095/kjv/wlc/0-1/>

¹⁶ Blue Letter Bible, “Strong's H7257 - rāḇaš”, <https://www.blueletterbible.org/lexicon/h7257/kjv/wlc/0-1/>

¹⁷ Blue Letter Bible, “Strong's H4496 - m^enûḥâ”, <https://www.blueletterbible.org/lexicon/h4496/kjv/wlc/0-1/>

¹⁸ Blue Letter Bible, “Strong's H6664 - ṣeḏeq”, <https://www.blueletterbible.org/lexicon/h6664/kjv/wlc/0-1/>

Without *râbats* (raw-bats'), we miss the *nâcham* (naw-kham') – consolation, comfort, ease, repentance, compassion¹⁹ – of having God always with us and for us.

We miss ...

The “*table*” of fellowship offering us to take what God has made available.

The “*goodness*” of God helping us to overcome with His presence and power.

The “*mercy*” of never giving up on us as we figure things out.

Be + still reminds that we serve a God of ALWAYS.

God is always ready to refresh.

God is always ready to renew.

God is always ready to restore.

God is always ready to rejuvenate.

God is always ready to provide what we need to fulfill His purposes.

God is always ready to protect as He walks beside us.

God is always ready to equip us for victory over the enemy.

God is always ready to invite us ...

To sit and be with Him.

To draw near to Him.

To “*be still*” with Him.

So, we can *yâshab* (yaw-shab') – sit down, dwell, remain, settle, abide, establish, stay²⁰ – with God and live life His way ... and find our best life day after day.

Or

We can *yâshab* (yaw-shab') with our abilities and power ... and always come up lacking and lackluster and uninspired.

Going with God will get us where we need to be.

Going with God will create the space for grace.

But going with God will require us to *râbats* (raw-bats') and *yâshab* (yaw-shab') so we can be fully connected and firmly invested in what He wants to do.



¹⁹ Blue Letter Bible, “Strong's H5162 - *nāḥam*”, <https://www.blueletterbible.org/lexicon/h5162/kjv/wlc/0-1/>

²⁰ Blue Letter Bible, “Strong's H3427 - *yāšab*”, <https://www.blueletterbible.org/lexicon/h3427/kjv/wlc/0-1/>

Go Deeper:

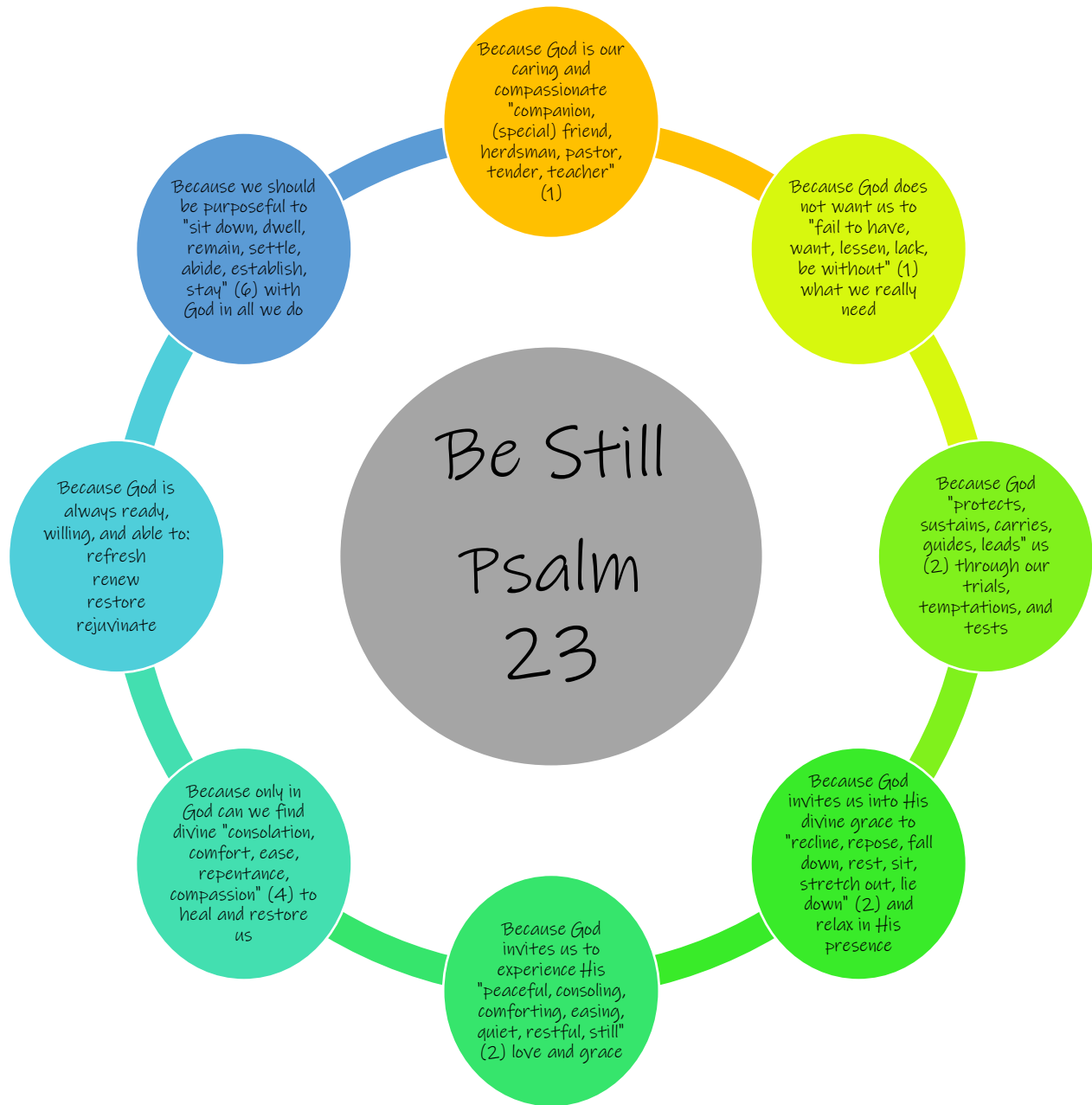
What does Psalm 23 tell us God offers us? (What evidence of God's presence is given in Psalm 23?)

Go Deeper:

What does Psalm 23 tell us God offers us to help us "*be still*"?

Go Deeper:

How does "*be still*" help us to experience God's "*goodness and mercy*"?



Be Still: Day 8

“He _____, ‘Be still, and know that I am _____ ...’” (Psalm 46:10a NIV, ESV, NLT).

It is interesting that the NIV tells us who is speaking before telling us who He is – “*He says.*”

Very few translations add this detail. The only other one I found is “*Our God says*” (CEV).

It is important to know who is speaking, so you know how important the words being spoken are. Don’t we pay more attention to the red letters in the New Testament? And shouldn’t we? Because red letters mean Jesus is speaking, telling us who God is and who we are in God.

Just as God spoke the world into creation. “*And / Then God said ...*” (Genesis 1:3, 6, 9, 11, 14, 20, 24, 26, 29). God said something, creating the outline. And then God said again, filling the outline. Example: “*Let there be light*” becomes day and night, sun and moon.

When Jesus came, John tells us that “*the _____ became flesh and made His dwelling among us. We have seen His _____, the glory of the one and only _____, who came from the Father, full of grace and _____*” (John 1:14 NIV).

Everything ’ēlôhîym (el-o-heem')²¹.

The exceeding God.

The mighty God.

The supreme God.

The one true God.

Everything life-giving.

Everything life-changing.

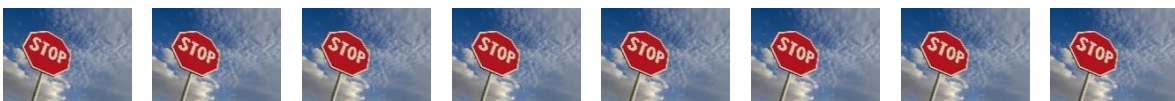
Everything we need to live our best life with eternal joy and hope. Everything we need to experience “*the _____ of God, which transcends all understanding*” (Philippians 4:7 NIV). Everything we need to create compassion and emote empathy for our fellow man.

Everything good.

Everything holy.

Everything righteous.

That is “*I am God.*”



²¹ Blue Letter Bible, “Strong’s H430 - ’ēlôhîm”, <https://www.blueletterbible.org/lexicon/h430/kjv/wlc/0-1/>

Go Deeper:

What do Titus 1:2 and Hebrews 6:18 tell us about God? What does this mean to us?

Go Deeper:

What does Isaiah 55:8-11 tell us about God and what He speaks?

Go Deeper:

"God said to Moses, 'I AM WHO I AM'" (Exodus 3:14). What does it mean if God is telling us that He will be everything we need to be successful and loved?

Go Deeper:

What do Exodus 34:6 and Jonah 4:2 tell us about God? Why is this important for us to remember?

Go Deeper:

What does it mean to you / How has it changed your life to have 'ĕlôhîym (el-o-heem') as your support and source?

Be Still: Day 9

“_____ silent! _____ that I am God! ...” (Psalm 46:10a TLB).

Why is it important to “*stand silent*” (aka “*be still*”)? God tells us.

So, we can *yâda’* (yaw-dah')²².

Know.

Learn.

See.

Perceive.

Discern.

Distinguish.

Recognize.

Admit.

Comprehend.

Acknowledge.

Confess.

Declare.

Be sure.

Understand.

But to *yâda’* (yaw-dah') what?

'*ëlôhîm* (el-o-heem')²³. The one true God.

To *yâda’* (yaw-dah') that God is for you.

To *yâda’* (yaw-dah') that God is with you.

To *yâda’* (yaw-dah') that God wants good things for you.

To *yâda’* (yaw-dah') that the best thing we can “do” is to “*be*” – to be constantly looking and desiring and praying to discern and declare God.

To *yâda’* (yaw-dah') that God is working in you, for you, and through you with the intercession of the Son and the instruction of the Spirit.

To *yâda’* (yaw-dah') that God wants you to leave anything less than His best and abandon anything that does not produce His good fruit in your life.



²² Blue Letter Bible, “Strong's H3045 - *yāda*”, <https://www.blueletterbible.org/lexicon/h3045/kjv/wlc/0-1/>

²³ Blue Letter Bible, “Strong's H430 - '*ëlôhîm*”, <https://www.blueletterbible.org/lexicon/h430/kjv/wlc/0-1/>

Go Deeper:

What does Isaiah 30:18 tell us we should yâda' (yaw-dah') about God?

Go Deeper:

What is something you yâda' (yaw-dah') about God to be absolutely true, no matter what your circumstances are?

Go Deeper:

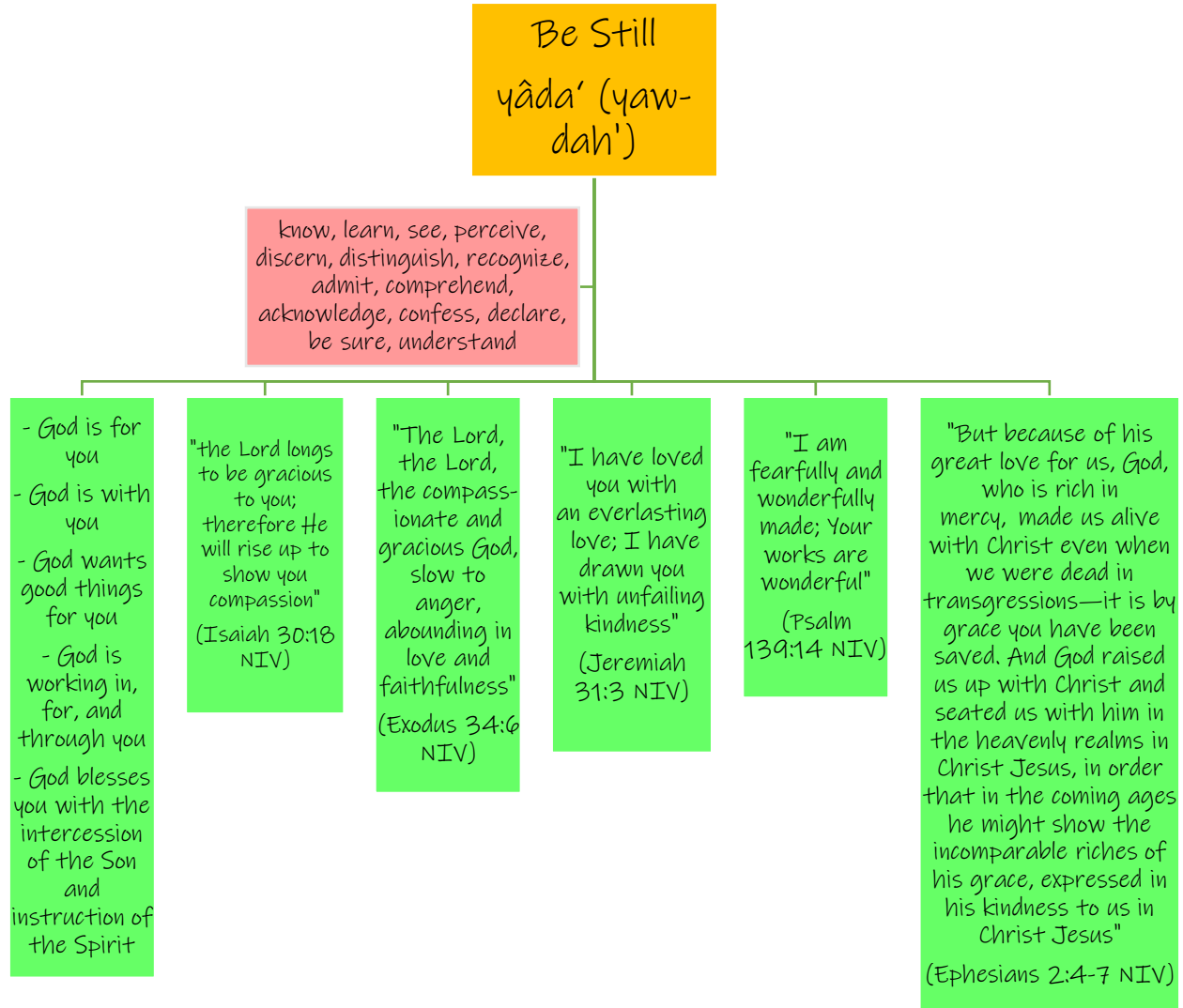
What is something you want to yâda' (yaw-dah') about God to be absolutely true, no matter what your circumstances are?

Go Deeper:

What does Exodus 20:1-7 tell us we need to yâda' (yaw-dah') about God?

Go Deeper:

What does Romans 8 tell us we should yâda' (yaw-dah') about God to inform our faith?





Be Still: Day 10

“Be _____, be _____, see, and understand that I am the _____
God” (Psalm 46:10a VOICE).

Let me ask you a question – if you never stop to “*be still*” or “*be calm*” with God, how can you ...
Hear God’s voice?
Know God’s presence?
Live God’s truth?

It is a BIG overall question, but I think this is what the psalmist is telling us.
You want to know God?
You want to know what God wants?
You want to know what God thinks?
You want to know what God feels?

Be + still = know.

Be + still is the way we connect with ...
God’s presence.
God’s Spirit.
God’s guidance.
God’s truth.
God’s grace.
God’s peace.
God’s contentment.

And it is in the purposeful connecting with God that we come to know ...
Who God is.
Who we are in God.
Who we can be with God’s help.

We come to know ... and believe “*God is our _____ and strength, an ever-present _____ in trouble*” (Psalm 46:1 NIV).

God is our safe place, our machāṣeh (makh-as-eh') – shelter, hope, refuge, trust²⁴. God is our power, our 'ôz (oze) – security, boldness, might, strength²⁵. God is our 'ezrâh (ez-raw') – helper, assistance²⁶. God is the reason we keep getting up and we keep going forward ... because we

²⁴ Blue Letter Bible, “Strong's H4268 - *maḥāsê*”, <https://www.blueletterbible.org/lexicon/h4268/kjv/wlc/0-1/>

²⁵ Blue Letter Bible, “Strong's H5797 - 'ôz”, <https://www.blueletterbible.org/lexicon/h5797/kjv/wlc/0-1/>

²⁶ Blue Letter Bible, “Strong's H5833 - 'ezrâh”, <https://www.blueletterbible.org/lexicon/h5833/kjv/wlc/0-1/>

trust there is something better waiting for us and someone better walking with us through all the tsârâh (tsaw-raw') – adversity, affliction, anguish, distress, trouble²⁷.

We come to know ... and believe “*God is within her, she will not _____*” (Psalm 46:5a NIV).

God is with us – walking behind, beside, and before ... as we need His support and encouragement. We may be tempted to môt (mote) – waver, slip, shake, fall, slide, totter, dislodge, drop²⁸ – in our faith, but we will not stay that way. We will not slide into disbelief. We will not slip into discontent. We will not be shaken into disobedience.

We come to know ... and believe “*the LORD Almighty is with us*” (Psalm 46:7a, 11a).

No matter what.

He will be faithful to keep His promises that “*I will never leave you nor forsake you*” (Joshua 1:5b NIV) and “*The LORD himself goes before you and will be with you; he will never leave you nor forsake you*” (Deuteronomy 31:8 NIV).

He will be faithful to keep Paul’s promises that we can experience “*how wide and long and high and deep is the love of Christ*” (Ephesians 3:18 NIV) and “*[nothing] will be able to separate us from the love of God that is in Christ Jesus our Lord*” (Romans 8:39 NIV).

How much more do we need when we always have the Creator and Curator of the world with us?

Be + still gives us the space for grace to “*come and _____ what the LORD has done*” (Psalm 46:8a).

To châzâh (khaw-zaw' it) – see, behold, perceive, look, gaze²⁹.

To know it.

To appreciate it.

To grow because of it.

Be + still allows us to focus on Him and give Him the rûwm (room) – raising, uplifting, exalting, magnifying³⁰ – praise, worship, adoration, and affection He is due (Psalm 46:10 NIV).



²⁷ Blue Letter Bible, “Strong’s H6869 - šârâ”, <https://www.blueletterbible.org/lexicon/h6869/kjv/wlc/0-1/>

²⁸ Blue Letter Bible, “Strong’s H4131 - môt”, <https://www.blueletterbible.org/lexicon/h4131/kjv/wlc/0-1/>

²⁹ Blue Letter Bible, “Strong’s H2372 - hâzâ”, <https://www.blueletterbible.org/lexicon/h2372/kjv/wlc/0-1/>

³⁰ Blue Letter Bible, “Strong’s H7311 - rûm”, <https://www.blueletterbible.org/lexicon/h7311/kjv/wlc/0-1/>

Go Deeper:

How have you seen God provide His 'ôz (oze) to you and for you?

Go Deeper:

How does "*be still [calm]*" help us to resist the temptation to môwt (mote) in our faith and trust in God?

Go Deeper:

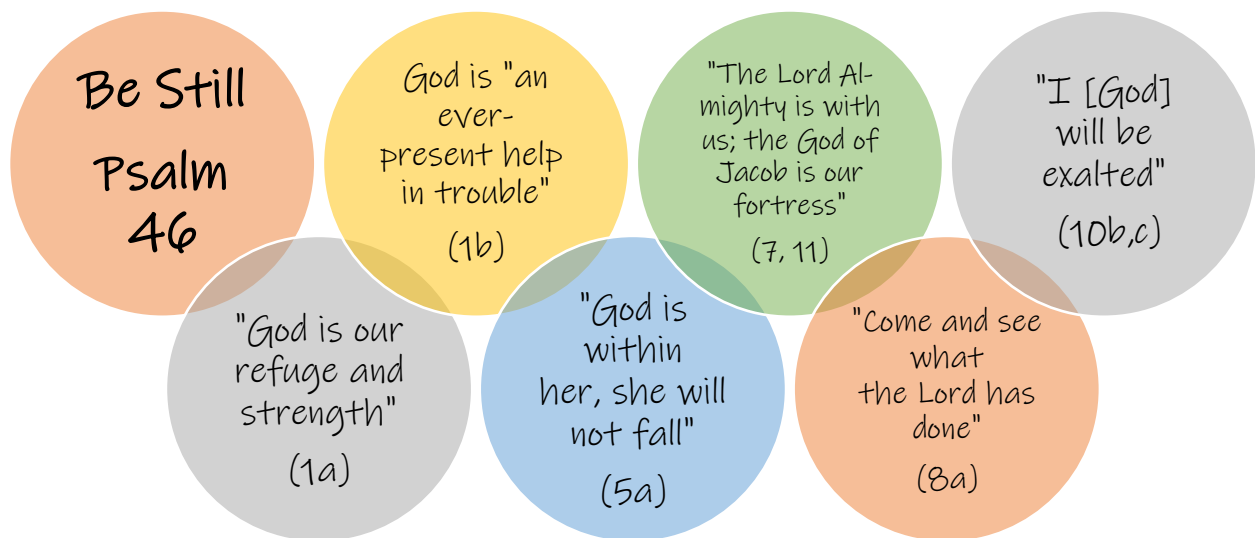
What is your favorite verse to help you châzâh (khaw-zaw' it) on God and not on the tsârâh (tsaw-raw')? What peace and comfort does this verse give you?

Go Deeper:

What does Psalm 46 tell us about God?

Go Deeper:

Testify about God's goodness: tell us something that "*the LORD has done*" for you or through us.



Be Still: Day 11

"Stop _____ and know that I am God!" (Psalm 46:10a ERV, GNT).

Are you busy?
Are you burned out?
Are you busting at the seams emotionally?

Do you find yourself feeling ...
Ballistic?
Unbalanced?
Bewildered?

God says *"stop."*

Stop doing.
Stop trying.
Stop striving.
Stop controlling.

"Step out of the traffic" (MSG) of trying to be your own master, your own source, your own god.

Let go.
Let go of doing ... what seems right to you.
Let go of trying ... to make people like you.
Let go of striving ... to manipulate things your way.
Let go of controlling ... things toward your preferred outcomes.

Step back.
Step down.

Step out of God's way.
Stop being so self-reliant and self-righteous.
Stop ignoring God.

Be + still.
Learn to trust.
Learn to lean in.
Learn to lean on.



Go Deeper:

In what area or relationship of your life do you need to “*stop fighting*”? Why is it important to you to control this person, place, or thing?

Go Deeper:

What first step can you take within the next month to “*stop fighting*” God and His will in, for, and through your life?

Go Deeper:

What are some of the usual “*fighting*” techniques the enemy uses to keep us busy and unbalanced? Why do they tend to be so effective?

Go Deeper:

Complete this prayer: Loving Father, please help me stop controlling _____

_____.

I do not want my feelings of _____

to be in charge of me, my motivations, my attitudes, and my emotions.

Be Still: Day 12

“_____ fighting and _____ that I am God!” (Psalm 46:10a ERV, GNT).

Cease.

Discontinue.

End.

Prevent.

Refuse.

Discontinue.

Abandon.

Interrupt.

Paralyze.

Hinder.

Block.

Suspend.

Forsake.

Leave.

Look how many times God says this to us from His life-changing Word:

“Change your hearts and **stop** being stubborn” (Deuteronomy 10:16 NLT).

“**Stop** acting so proud and haughty! Don’t speak with such arrogance!” (1 Samuel 2:3 NLT).

“**Stop** assuming guilt” (Job 6:29 NLT)

“**Stop** blowing hot air” (Job 16:3 NLT).

“**Stop** being angry!” (Psalm 37:8 NLT).

“**Stop** your boasting!” (Psalm 75:4 NLT).

“So **stop** opposing God, who is with me” (2 Chronicles 35:21 NIV).

“**Stop** bringing meaningless offerings” (Isaiah 1:13 NIV).

“**Stop** doing wrong” (Isaiah 1:16 NIV).

“**Stop** trusting in mere humans, who have but a breath in their nostrils” (Isaiah 2:22 NIV).

“Tell him to **stop** worrying” (Isaiah 7:4 NLT).

“**Stop** your mocking” (Isaiah 28:22 NIV).

“**Stop** pointing your finger and spreading vicious rumors” (Isaiah 58:9 NLT).

“**Stop** running” (Jeremiah 2:25 NLT).

“**Stop** your evil thoughts and deeds” (Jeremiah 7:5 NLT).

“**Stop** harming yourselves by worshiping idols” (Jeremiah 7:6 NLT).

“**Stop** worshiping other gods so that you might live in peace” (Jeremiah 35:15 NLT).

“Turn away from your idols, and **stop** all your detestable sins” (Ezekiel 14:6 NLT).

“**Stop** your violence and oppression” (Ezekiel 45:9 NLT).

“**Stop** sinning and do what is right” (Daniel 4:27 NLT).

“**Stop** your prostitution” (Hosea 3:3 NLT).

“**Stop** all your evil practices” (Zechariah 1:4 NLT).

“**Stop** your love of telling lies that you swear are the truth” (Zechariah 8:17 NLT).

“**Stop** sinning” (John 5:14 NIV; 1 Corinthians 15:34).

“Stop grumbling among yourselves” (John 6:43 NIV).

“Stop judging by mere appearances” (John 7:24 NIV).

“Stop doubting and believe” (John 20:27 NIV).

“Stop perverting the right ways of the Lord” (Acts 13:10 NIV).

“Therefore let us **stop** passing judgment on one another” (Romans 14:13 NIV).

“Stop deceiving yourselves” (1 Corinthians 3:18 NLT).

“Stop thinking like children” (1 Corinthians 14:20 NIV).

“So **stop** telling lies” (Ephesians 4:25 NLT).

“Stop fighting over words” (2 Timothy 2:14 NLT).

Stop.

Thinking you know better.

Thinking you are better.

Thinking you do better.

Stop doing.

Stop controlling.

Stop trying.

Be unoccupied by trying to ...

Run your life.

Run other people’s lives.

Be God.

Give yourself the space for grace to live in the life-changing truth that *“I [God] will never stop doing _____ to them”* (Jeremiah 32:40 NIV).

Them is us. Them is You!

And the truth is that God will day after day, moment after moment, and situation after situation offer us His loving, life-giving *yāṭab* (yaw-tab') – sweetness, acceptance, benefit, contentment, favor, goodness, gladness³¹.

“Be still” is God’s nice way of saying *“Stop! That is enough!”* (2 Samuel 24:16; 1 Chronicles 21:15 NLT).

Stop trying to run your life, run the world, and run (over) people – it is **not** your job, and you will never be smart enough or qualified enough to do it with the same grace as God.



³¹ Blue Letter Bible, “Strong’s H3190 - *yāṭab*”, <https://www.blueletterbible.org/lexicon/h3190/kjv/wlc/0-1/>

Go Deeper:

Which one of the “stop” statements is God speaking (loudest) to you about how God wants you to change / let go? Why is this a difficult area for you to give God control?

Go Deeper:

Have you mastered any of the “stop” statements in the list above? Which one? What was an important step you took toward your victory?

Go Deeper:

If you had to write a “stop” statement that expresses your prayer/hope for your life, what would it say?

Go Deeper:

What is it important to “*never stop saying: ‘Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come’*” (Revelation 4:8 NIV)?

Go Deeper:

Why do we have to “stop” with our will, our wants, and our ways to know the yâṭab (yaw-tab') of God?

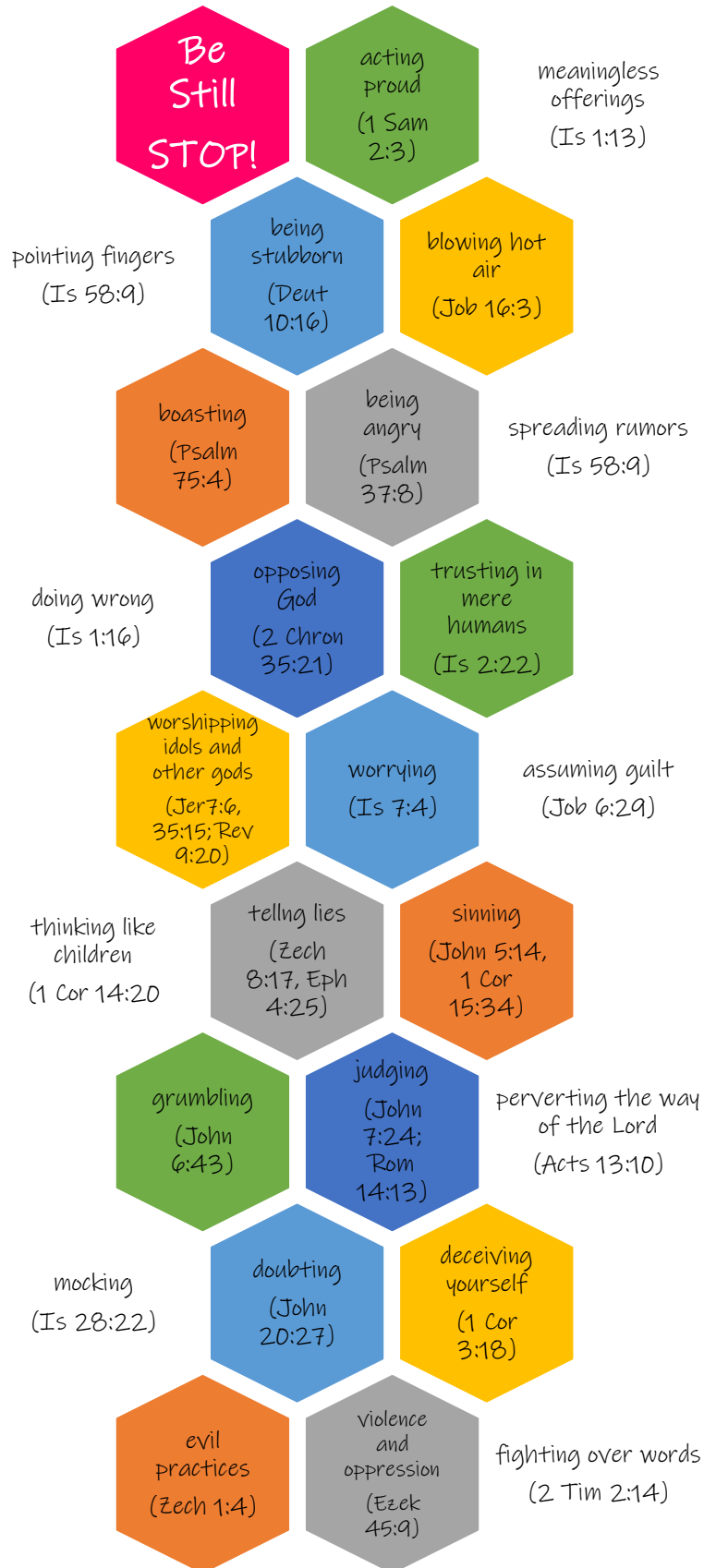
Go Deeper:

How does “*be still*” help us to see, hear, taste, smell, and touch the pâḵâ' (paw-law') – wonderful, great, distinguished, high, marvelous, miraculous, extraordinary, surpassing, marvelous³² – things of God (Job 37:14 NIV)?

Go Deeper:

“*Stop and consider God’s wonders*” (Job 37:14 NIV) – list at least 10 wonders in and around your life in this season.

³² Blue Letter Bible, “Strong's H6381 - pālā”, <https://www.blueletterbible.org/lexicon/h6381/kjv/wlc/0-1/>



Be Still: Day 13

“Step out of the _____! Take a long, _____ look at me, your High God ...” (Psalm 46:10a MSG).

You stand at the crossroad, having to decide what you will do. You look both ways and consider your options.

To the left:

Fear.

Worry.

Doubt.

You can insist on doing things your way and living life by your perspective. But how far can you really see? How confident do you really feel? Are all the possibilities absolutely clear?

To the right:

God.

Peace.

Guidance.

The space for grace to live in the humility of “Our Father in heaven, _____ be Your name, Your kingdom come, Your _____ be done, on earth as it is in heaven” (Matthew 6:9-10 NIV).

God, Your thélēma (thel'-ay-mah) – desire, pleasure, will, purpose, choice, determination, inclination³³ – before mine.

God, Your basileía (bas-il-i'-ah) – rule, kingdom, power, dominion, reign, kingship³⁴ – instead of mine.

Because You have always been, are, and will always be hagiázō (hag-ee-ad'-zo) – holy, sacred, pure³⁵. Even when ... and especially when ... we are not.

Do you want to experience the fullness of God’s goodness and grace?

Go God’s way.



³³ Blue Letter Bible, “Strong’s G2307 - *thelēma*”, <https://www.blueletterbible.org/lexicon/g2307/kjv/tr/0-1/>

³⁴ Blue Letter Bible, “Strong’s G932 - *basileia*”, <https://www.blueletterbible.org/lexicon/g932/kjv/tr/0-1/>

³⁵ Blue Letter Bible, “Strong’s G37 - *hagiazō*”, <https://www.blueletterbible.org/lexicon/g37/kjv/tr/0-1/>

Go Deeper:

How does “*be still [step out]*” help us to focus on the still, small voice of the “*Father*” and connect intimately with the creator and manager of the universe?

Go Deeper:

What are you currently facing down the left side of your crossroad?

Go Deeper:

What do you see God offering you down the right side of your crossroad?

Go Deeper:

Why do we need to live by God’s *thélēma* (thel'-ay-mah) instead of our own? How does “*be still [step out]*” help us realize and live this truth?

Go Deeper:

What *basileía* (bas-il-i'-ah) do we allow to control/guide us when we stay busy instead of “*be still*”?

Be Still: Day 14

“Step out of the _____! Take a long, _____ look at me, your High God ...” (Psalm 46:10a MSG).

Let us pause for a minute and consider the crossroads. It is “a crucial point, especially where a decision must be made³⁶.”

There is a verse from the prophet Jeremiah where God is speaking to rebellious and defiant Israel, asking them to consider ... and change ... their ways back to faith in Him.

“This is what the LORD says: ‘Stand at the crossroads and look; _____ for the ancient paths, ask where the _____ way is, and walk in it, and you will find _____ for your souls’” (Jeremiah 6:16 NIV).

He reminds them they ‘âmad (aw-mad') – establish, set, maintain, appoint, ordain³⁷ – their direction by the derek (deh'-rek) – road, way, path³⁸ – they choose.

This derek (deh'-rek) will determine ...
 The course of their days.
 The habits of their daily doings.
 The manner of their faith.
 The fiber of their moral character.

This derek (deh'-rek) is translated “crossroads” in every translation.

And it is vital in this place of decision that we make good choices.

We must know “*the good way*” (CEB).
 We must know “*the good road*” (ERV).
 We must know “*the best road*” (GNT).
 We must know “*the right route*” (MSG).

We must know God’s tōwb (tobe)³⁹ way.

Best.
 Good.
 Gracious.
 Kind.
 Loving.
 Excellent.
 Prosperous.

³⁶ <https://www.merriam-webster.com/dictionary/crossroad>

³⁷ Blue Letter Bible, “Strong’s H5975 - ‘âmad”, <https://www.blueletterbible.org/lexicon/h5975/kjv/wlc/0-1/>

³⁸ Blue Letter Bible, “Strong’s H1870 - derek”, <https://www.blueletterbible.org/lexicon/h1870/kjv/wlc/0-1/>

³⁹ Blue Letter Bible, “Strong’s H2896 - tōwb”, <https://www.blueletterbible.org/lexicon/h2896/kjv/wlc/0-1/>

Happy.
Right.
Favored.
Cheerful.

Because it is the only way to find God's rāga' (raw-gah')⁴⁰.
Settled.
Quiet.
Ease.
Rest.
Repose.

"A resting place for yourselves" (CEB).
"You will find peace" (CEV).
"Rest for yourselves" (ERV).
"You will live in peace" (GNT).
"A resting place for your souls" (NASB).
"Rest for your souls" (NLT).

But how can we find God's best and beautiful way if we refuse to *"be still"*?

Because *"be still"* allows us to hear and sense and see God.
Because *"be still"* allows us to choose well.

And Jeremiah 6:16 reminds us that the choice is always **ours**.

We choose whether we will yālak (yaw-lak') – walk, come, flow, go, follow, move, proceed⁴¹ – with God ... or away from God.

We choose whether we will take the nāthîyb (naw-theeb') – beaten track, trodden path, travelled way⁴² – toward God ... or go our own way.

We choose whether we will allow the 'ôwlâm (o-lawm') – eternal, everlasting, perpetual, without end, continuous, forever, infinite⁴³ – things of God to direct our lives ... or our self-righteous sense of right and wrong.



⁴⁰ Blue Letter Bible, "Strong's H7280 - rāga'", <https://www.blueletterbible.org/lexicon/h7280/kjv/wlc/0-1/>

⁴¹ Blue Letter Bible, "Strong's H3212 - yālak'", <https://www.blueletterbible.org/lexicon/h3212/kjv/wlc/0-1/>

⁴² Blue Letter Bible, "Strong's H5410 - nāthîyb'", <https://www.blueletterbible.org/lexicon/h5410/kjv/wlc/0-1/>

⁴³ Blue Letter Bible, "Strong's H5769 - 'ôlām'", <https://www.blueletterbible.org/lexicon/h5769/kjv/wlc/0-1/>

Go Deeper:

Why is God's way the only "*tried-and-true road*" (MSG) that leads to prosperity, peace, and perspective?

Go Deeper:

What does Jesus tell us about our choices in Matthew 7:13-14? Why is it hard for us to choose "*the road that leads to life*"?

Go Deeper:

Why does God want us to shâ'al (shaw-al') – inquire, ask, consult, desire, require, seek⁴⁴ – Him for His will and His purposes?

Go Deeper:

What does Jesus tell us about seeking God in Matthew 7:7-8? Why does He present this as an ongoing, continual daily devotion we should do?

Go Deeper:

How does "*be still*" help us find and experience God's râga' (raw-gah') and how Paul describes it in Philippians 4:7?

⁴⁴ Blue Letter Bible, "Strong's H7592 - šā'a'", <https://www.blueletterbible.org/lexicon/h7592/kjv/wlc/0-1/>



Be Still: Day 15

“*Be still and know (recognize, _____) that I am God ...*” (Psalm 46:10a AMP).

“*Be still*” helps us to remember that our choices have consequences – good choices bring good consequences, and bad choices bring hard consequences.

God may be merciful in not allowing us to feel the full weight of our choices, but there are still repercussions to every decision we make.

And God knows that most of the time we will be tempted to do things ...
Against God’s will.
Away from God’s peace.

So, He gives us the loving reminder to “*be still*” to help guide us to good choices, wise decisions, and peaceful preferences.

Be still and “*do not be _____ in your own eyes*” (Proverbs 3:7a NIV) as you think, speak, act, react, and do. Do not think you are more chākām (khaw-kawm') – wise, intelligent, skillful, shrewd, learned⁴⁵ – than the Creator and Curator of the universe.

Remember that “*the way of _____ seems right to them*” (Proverbs 12:15 NIV). Thinking we know better than God makes us 'ěvîl (ev-eel') – perverse, silly, foolish, quarrelsome, mocking⁴⁶.

It puts us in direct ...
Contention with the grace of God.
Conflict with the goodness of God.
Controversy with the generosity of God.

It keeps us from ...
Living life God’s way.
Loving people by God’s will.
Choosing things God wants.

It produces consequences and births regrets ... possibly disastrous and serious.



⁴⁵ Blue Letter Bible, “Strong's H2450 - ḥākām”, <https://www.blueletterbible.org/lexicon/h2450/kiv/wlc/0-1/>

⁴⁶ Blue Letter Bible, “Strong's H191 - 'ěvîl”, <https://www.blueletterbible.org/lexicon/h191/kiv/wlc/0-1/>

Go Deeper:

What does it mean to be 'ěvîyl (ev-eel')?

Go Deeper:

When was a time you faced the hard/painful consequences of being 'ěvîyl (ev-eel')? What did you learn from this experience?

Go Deeper:

In what area of your life do you respect God as châkâm (khaw-kawm')? How is this evident by the way you speak, act, and react?

Go Deeper:

In what area of your life do you need or want to respect God as châkâm (khaw-kawm')? What is preventing you from giving control to God?

Go Deeper:

What does Paul teach us in Galatians 6:7-10 teach about choices?

Be Still: Day 16

“That’s _____! Now know that I am God ...” (Psalm 46:10a CEB).

Choices are seeds, and God teaches us in Genesis 8:22 that seed will always produce – “As long as the earth endures, seedtime and _____, cold and heat, summer and winter, day and night will never _____” (NIV).

Where there is seed, there will never shâbath (shaw-bath') – cease, fail, lack⁴⁷ – a harvest.

But the harvest will always depend on the seed.
The seed you sow produces the harvest you reap.
The choices you make determine the consequences you face.

And Jesus teaches us in Matthew 13 that seed ... our choices ... always produces in several possible ways.

Option #1: “some [seed] fell along the path, and the _____ came and ate it up” (Matthew 13:4 NIV).

Sometimes we are careless. Sometimes we do not think about how we are hurting ourselves ... and others. We let things píptō (pip'-to) – fail, fall away, be thrust, be lost, be removed⁴⁸ – from what we know is right just to feel comfortable or accepted, just to shut down the voices of wisdom speaking to us, or just to experience the much longed-for moment of peace.

We try to live life trusting God and allowing Him to change us for the better.
In what we say.
In what we do.
In what we think.
In what we feel.

But the hodós (hod-os') – progress, journey, way, course, manner⁴⁹ – rarely proves to be ...
Easy.
Convenient.
Comfortable.
Painless.

Because we have an enemy watching us and waiting for any opportunity to harpázō (har-pad'-zo) – pluck, pull, take, seize, carry away, snatch⁵⁰ – anything good and faithful and trusting in us.

⁴⁷ Blue Letter Bible, “Strong's H7673 - šābāt”, <https://www.blueletterbible.org/lexicon/h7673/kjv/wlc/0-1/>

⁴⁸ Blue Letter Bible, “Strong's G4098 - píptō”, <https://www.blueletterbible.org/lexicon/g4098/kjv/tr/0-1/>

⁴⁹ Blue Letter Bible, “Strong's G3598 - hodos”, <https://www.blueletterbible.org/lexicon/g3598/kjv/tr/0-1/>

⁵⁰ Blue Letter Bible, “Strong's G726 - harpazō”, <https://www.blueletterbible.org/lexicon/g726/kjv/tr/0-1/>

Looking for any circumstance where he can get you to question ...
 The grace of God.
 The goodness of God.
 The generosity of God.

Because he wants to *katesthiō* (kat-es-thee'-o) – devour, consume, squander, waste⁵¹ – our faith.
 To separate us from God.

So we challenge God's grace.
 So we doubt God's goodness.
 So we question God's generosity.

And he will use whatever he can to accomplish this mission.
 Our own emotions ... chaotic and uncontrollable.
 Our own guilt ... crashing and unending.
 Our own pain ... crushing and unhealing.
 Others' opinion ... caustic and unhelpful.
 Others' judgment ... critical and unsupportive.
 Others' disapproval ... contemptuous and unhealthy.

There may be some glimmer of truth in how he comes for us ... but ultimately he twists that little bit of truth into complete deception and deceit and lies.

He will use whatever people, situations, and methods he can to make sure we stay away from God ... and keep widening that distance.

Because if we ever truly *syniēmi* (soon-ee'-ay-me) – comprehend, put together, understand, perceive, set our mind, be wise to⁵² – who God is and who we are in Him, we would be ...
 UNSTOPPABLE.
 UNTOUCHABLE.
 INCONVINCIBLE.
 UNINFLUENCED.
 UNMOVABLE.
 UNFLINCHING.

"Be still" helps us *syniēmi* (soon-ee'-ay-me) the grace of God and allow it to guide us to stay on God's *hodós* (hod-os') and find our best life ... and our best love.



⁵¹ Blue Letter Bible, "Strong's G2719 - *katesthiō*", <https://www.blueletterbible.org/lexicon/g2719/kjv/tr/0-1/>

⁵² Blue Letter Bible, "Strong's G4920 - *syniēmi*", <https://www.blueletterbible.org/lexicon/g4920/kjv/tr/0-1/>

Go Deeper:

What does Solomon tell us in Proverbs 3:1-12 about "*be still*" and our choices?

Go Deeper:

What does Solomon tell us in Proverbs 3:13-26 about being wise / seeking God's wisdom for our decisions?

Go Deeper:

What does Matthew 13:13-16 tell us about the importance of "*be still*" and our choices?

Go Deeper:

In what area of your life and faith is the enemy currently trying to harpázō (har-pad'-zo) you away from God's love and grace? How can you best respond to this attack?

Go Deeper:

What are the "*birds*" of condemnation and criticism currently fighting the goodness of God in your life? How can you silence these noises so you can better hear God's voice?

Be Still: Day 17

“Stop striving [_____] and know that I am God ... ” (Psalm 46:10a NASB).

Choices are seeds, and God teaches us in Genesis 8:22 that seed will always produce – *“As long as the earth endures, seedtime and _____, cold and heat, summer and winter, day and night will never _____”* (NIV).

Where there is seed, there will never shâbath (shaw-bath') – cease, fail, lack⁵³ – a harvest.

But the harvest will always depend on the seed.
The seed you sow produces the harvest you reap.
The choices you make determine the consequences you face.

And Jesus teaches us in Matthew 13 that seed ... our choices ... always produces in several possible ways.

Option #2: *“the plants were _____, and they _____ because they had no _____”* (Matthew 13:6 NIV).

Do you feel petrôdēs (pet-ro'-dace) – rocky, stony, rocklike⁵⁴ – or heavy, weighed down?

Do you feel stuck on a pétra (pet'-ra) – cliff, ledge⁵⁵?

Are you so anxious to control the people, places, and things around you that your emotions stay overcharged because you keep yourself wrapped in worry?

Do you feel kaumatizō (kow-mat-id'-zo) – burned, scorched, tortured⁵⁶?

Are you so busy saying “yes” to make other people happy or like you that you never take time to take care of yourself and relax?

Do you feel xēraínō (xay-rah'-ee-no) – dried up, withering away, wasting away, shriveling⁵⁷?

Are you so weighted down by the opinions and expectations of others they try to (viciously) wrap around you that you feel stuck and/or frustrated?

Do you feel skandalizō (skan-dal-id'-zo) – displeased, offended, distrusting, indignant⁵⁸?

Are you so overwhelmed focusing on the bad things and convinced of the terrible possibilities in every situation that you feel hopeless?

⁵³ Blue Letter Bible, “Strong's H7673 - šāḇaṭ”, <https://www.blueletterbible.org/lexicon/h7673/kjv/wlc/0-1/>

⁵⁴ Blue Letter Bible, “Strong's G4075 - petrôdēs”, <https://www.blueletterbible.org/lexicon/g4075/kjv/tr/0-1/>

⁵⁵ Blue Letter Bible, “Strong's G4073 - petra”, <https://www.blueletterbible.org/lexicon/g4073/kjv/tr/0-1/>

⁵⁶ Blue Letter Bible, “Strong's G2739 - kaumatizō”, <https://www.blueletterbible.org/lexicon/g2739/kjv/tr/0-1/>

⁵⁷ Blue Letter Bible, “Strong's G3583 - xērainō”, <https://www.blueletterbible.org/lexicon/g3583/kjv/tr/0-1/>

⁵⁸ Blue Letter Bible, “Strong's G4624 - skandalizō”, <https://www.blueletterbible.org/lexicon/g4624/kjv/tr/0-1/>

Do you feel the only rhíza (hrid'-zah) – root, spouting, offshoot⁵⁹ – in your life is ...

Despair?
Desperation?
Desolation?
Destruction?
Rejection?
Rebuke?
Refusal?
Rebellion?
Negativity?
Cynicism?
Distrust?
Melancholy?

There is chará (khar-ah') – joy, gladness, calm delight, joyfulness⁶⁰ – to be had.

In choosing to sow seed in any of the above ways, we are going to miss the chará (khar-ah').

Your life is your gē (ghay) – country, earth, ground, land, territory region⁶¹ – where your faith is planted, cared for, and harvested.

Plowing into the thlípsis (thlip'-sis) – affliction, anguish, burden, trouble, tribulation, pressure, distress, oppression⁶² – instead of over it and through it leads to a life of ...

Regret.
Remorse.
Rage.

But allowing “*be still*” to guide your hand, heart, and head toward the bathos (bath'-os) – the depth and deep things of God⁶³ – will produce ...

A glorified harvest.
The hope of change.
Boldness.

“*Be still*” provides a divine opportunity to grow that root in the good soil of God’s love and grace.



⁵⁹ Blue Letter Bible, “Strong’s G4491 - rhiza”, <https://www.blueletterbible.org/lexicon/g4491/kjv/tr/0-1/>

⁶⁰ Blue Letter Bible, “Strong’s G5479 - chara”, <https://www.blueletterbible.org/lexicon/g5479/kjv/tr/0-1/>

⁶¹ Blue Letter Bible, “Strong’s G1093 - gē”, <https://www.blueletterbible.org/lexicon/g1093/kjv/tr/0-1/>

⁶² Blue Letter Bible, “Strong’s G2347 - thlipsis”, <https://www.blueletterbible.org/lexicon/g2347/kjv/tr/0-1/>

⁶³ Blue Letter Bible, “Strong’s G899 - bathos”, <https://www.blueletterbible.org/lexicon/g899/kjv/tr/0-1/>

Go Deeper:

What is a current thlipsis (thlip'-sis) in your life stressing you out? How is it attacking / impacting you?

Go Deeper:

How does "*be still*" help us to find, receive, and maintain the chará (khar-ah') that only comes from God?

Go Deeper:

Why are we more likely to be skandalízō (skan-dal-id'-zo) if we are not purposely choosing to "*be still*" with God?

Go Deeper:

What does it mean to have "*no root*" to your faith? What does Matthew 13:21 tell us?

Go Deeper:

What does Romans 5:3-5 tell us is the purpose and blessing of thlipsis (thlip'-sis)?

Be Still: Day 18

“Stand _____! Know that I am God! ...” (Psalm 46:10a TLB).

Choices are seeds, and God teaches us in Genesis 8:22 that seed will always produce – “As long as the earth endures, seedtime and _____, cold and heat, summer and winter, day and night will never _____” (NIV).

Where there is seed, there will never shâbath (shaw-bath') – cease, fail, lack⁶⁴ – a harvest.

But the harvest will always depend on the seed.
The seed you sow produces the harvest you reap.
The choices you make determine the consequences you face.

And Jesus teaches us in Matthew 13 that seed ... our choices ... always produces in several possible ways.

Option #3: “Other seed fell among _____, which grew up and _____ the plants” (Matthew 13:7 NIV).

We all understand Paul’s feeling of pain regarding “a thorn in my flesh” (2 Corinthians 12:7 NIV) that plagued and persecuted him. He begged for relief and pleaded for release, but God said no.

God told Paul “My power is made perfect” (2 Corinthians 12:9 NIV) as you experience this skólops (skol'-ops) – prickle, disability, annoyance, stake, splinter⁶⁵.

But let’s be honest.
How often does our pain feel purposed?
How many times has our grief felt glory filled?
How regularly does our desolation feel divine?

Sometimes it is our choices that bring the ákantha (ak'-an-thah) – thorns, brambles, briars⁶⁶ ...
That torture.
That poke.
That distress.
That agonize.
That suffer.

And sometimes it is the choices and opinions and expectations of others.

⁶⁴ Blue Letter Bible, “Strong’s H7673 - šāḇaṭ”, <https://www.blueletterbible.org/lexicon/h7673/kjv/wlc/0-1/>

⁶⁵ Blue Letter Bible, “Strong’s G4647 - skolops”, <https://www.blueletterbible.org/lexicon/g4647/kjv/tr/0-1/>

⁶⁶ Blue Letter Bible, “Strong’s G173 - akantha”, <https://www.blueletterbible.org/lexicon/g173/kjv/tr/0-1/>

No matter the source of pain, it will always anabainō (an-ab-ah'-ee-no) – arise, climb, grow, come up, spring up⁶⁷ – in our lives.

Its mission is to apopnigō (ap-op-nee'-go) – choke, stifle, suffocate, drown⁶⁸ – us.
Its mastery is to sympnigō (soom-pnee'-go) – strangle, drown, choke, suffocate⁶⁹ – us.

To turn the ...
Calm into chaos.
Still into stress.
Blessing into burden.
Obedience into obligation.
Love into liability.
Generosity into greed.
Helpful into hoarding.
Divine into distress.
Strength into insecurity.
Truth into trouble.

It wants to turn everything good into mérimna (mer'-im-nah) – cares, anxieties⁷⁰.
The weight of opinions.
The drain of approval.
The worry of control.

To overwhelm us.
To overpower us.
To overthrow us.

To convince us the apatē (ap-at'-ay) – delusions, deceits⁷¹ – are real and our faith is wasted.

“*Be still*” is God’s invitation to take all these negative things and give them fully to the loving Father who created you and cares for you in ways you cannot even imagine.

“*Be still*” allows us to stop being persuaded, controlled, and manipulated by things that are not of God, from God, and for God.



⁶⁷ Blue Letter Bible, “Strong’s G305 - *anabainō*”, <https://www.blueletterbible.org/lexicon/g305/kjv/tr/0-1/>

⁶⁸ Blue Letter Bible, “Strong’s G638 - *apopnigō*”, <https://www.blueletterbible.org/lexicon/g638/kjv/tr/0-1/>

⁶⁹ Blue Letter Bible, “Strong’s G4846 - *sympnigō*”, <https://www.blueletterbible.org/lexicon/g4846/kjv/tr/0-1/>

⁷⁰ Blue Letter Bible, “Strong’s G3308 - *merimna*”, <https://www.blueletterbible.org/lexicon/g3308/kjv/tr/0-1/>

⁷¹ Blue Letter Bible, “Strong’s G539 - *apatē*”, <https://www.blueletterbible.org/lexicon/g539/kjv/tr/0-1/>

Go Deeper:

What thing or relationship in your life feels more like a burden than a blessing and makes you feel apopnīgō (ap-op-nee'-go)? Why do you think this produces these feelings?

Go Deeper:

What expectation is currently sympnīgō (soom-pnee'-go) you, to the point of hopelessness or desperation? Why do you think this thing has such power over you?

Go Deeper:

How does "*be still*" help us to overcome the compressing crush of mérimna (mer'-im-nah) and focus on the compassion and help of God?

Go Deeper:

What does Jesus tell us in Matthew 11:28-30 about our mérimna (mer'-im-nah) and how He wants to help us "*be still*" instead?

Go Deeper:

What does Hebrews 4:16 tell us about the importance of turning apopnīgō (ap-op-nee'-go), sympnīgō (soom-pnee'-go), and mérimna (mer'-im-nah) into "*be still*"?

Be Still: Day 19

“Our God says, ‘ _____ down, and learn that I am God! ... ’” (Psalm 46:10a CEV).

Choices are seeds, and God teaches us in Genesis 8:22 that seed will always produce – *“As long as the earth endures, seedtime and _____, cold and heat, summer and winter, day and night will never _____” (NIV).*

Where there is seed, there will never shâbath (shaw-bath') – cease, fail, lack⁷² – a harvest.

But the harvest will always depend on the seed.
The seed you sow produces the harvest you reap.
The choices you make determine the consequences you face.

And Jesus teaches us in Matthew 13 that seed ... our choices ... always produces in several possible ways.

Option #4: *“Still other seed fell on _____ soil, where it produced a _____— a hundred, sixty or thirty times what was sown” (Matthew 13:8 NIV).*

So far, Jesus has given us three possible options on how our choices plant the path of our future.

And they are paths filled with ...
Regret and remorse.
Shame and sullenness.
Pain and pressure.
Anger and anguish.

Just when it seems to feel hopeless, that we have no options for a better life, a happier future, or a peaceful mind, Jesus shines the light of heaven.

Jesus puts a divine spotlight on the kalós (kal-os')⁷³ that is God.
Beauty.
Virtue.
Fairness.
Goodness.
Honesty.
Excellence.
Admirable.
Precious.
Magnificence.

⁷² Blue Letter Bible, “Strong's H7673 - šāḇaṭ”, <https://www.blueletterbible.org/lexicon/h7673/kjv/wlc/0-1/>

⁷³ Blue Letter Bible, “Strong's G2570 - kalos”, <https://www.blueletterbible.org/lexicon/g2570/kjv/tr/0-1/>

Praiseworthy.
Noble.
Honorable.
Comforting.

All these different facets of the goodness of God.

Available to us.
Without limit.
Without hesitation.
Without prejudice.

Because God wants to produce His karpós (kar-pos') – fruit, posterity, effect, result, deeds⁷⁴.
In us.
Through us.
For us.

He wants us to become ...
Agents of change.
Ambassadors of compassion.
Allocators of care.

He does not want us to get overcome by the things that want us to be ...
Dumbfounded.
Distracted.
Disturbed.

He wants us to face all these things with the faith that comes by syniēmi (soon-ee'-ay-mee) – comprehension, understanding, wisdom, perception, knowledge⁷⁵ – of knowing God IS who He says He is.

“Be still” invites us to know with our heart that *“He is the faithful God”* (Deuteronomy 7:9, Psalm 31:5 NIV), no matter how circumstances beg us to believe otherwise.

“Be still” invites us to submit to the life-changing belief that *“He is the Rock, his works are perfect, and all his ways are just. A faithful God who does no wrong, upright and just is He”* (Deuteronomy 32:4 NIV) ... and to live our life best serving and submitting to such a loving Father.



⁷⁴ Blue Letter Bible, “Strong's G2590 - karpós”, <https://www.blueletterbible.org/lexicon/g2590/kjv/tr/0-1/>

⁷⁵ Blue Letter Bible, “Strong's G4920 - syniēmi”, <https://www.blueletterbible.org/lexicon/g4920/kjv/tr/0-1/>

Go Deeper:

What are 5-10 kalós (kal-os') things about God that He has shown to you?

Go Deeper:

What is one area where God's karpós (kar-pos') is abundant / obvious in your life? Was there something big you had to surrender to get to this point?

Go Deeper:

What is one area where you want or need God's karpós (kar-pos') to be (more) abundant in your life? What is one step you can take over the next few weeks to begin surrendering this to God?

Go Deeper:

What do Exodus 34:6 and Psalm 86:15 teach us about God? How does us having syníēmi (soon-ee'-ay-mee) of this to be true impact our faith?

Go Deeper:

What is the difference between the 4 seed presented by Jesus and the "*crop*" each produces?

Be Still: Day 20

“*Stop striving [let go] and _____ that I am God ...*” (Psalm 46:10a NASB).

We have looked at how the seed (choice) determines the harvest (consequence) ... and how Jesus shows us what to watch for, be wary of, and withdraw ourselves from if we want to experience the wisdom, growth, and joy that comes from a well-planted seed.

Now I hope we can take a few minutes to consider that is not just WHAT we speirō (spi'-ro) – scatter, sow, plant⁷⁶ – that matters.

It is important HOW we sow.

Because how we sow (decide) is affected by what we yāda' (yaw-dah') – know, perceive, comprehend, understand, admit, recognize⁷⁷ ...

About ourselves.

About others.

About God.

Most importantly, we have to decide in ways that ...

Honor God.

Submit to God.

Trust God.

When we yāda' (yaw-dah') that God is “*Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace*” (Isaiah 9:6 NIV) – that there is no other like Him, that He wants good things for us, that He cannot be contained by time or space, that He is the standard of excellence and soundness – we plant with a life-changing, heart-turning, eye-opening faith.

And such faith, when renewed decision by decision and strengthened good seed by good seed, allows us to be the child of God who is ...

Metamorphōō (met-am-or-fo'-o). Transformed, changed, transfigured⁷⁸. From the inside out. At the heart of who we are.

Anakainōsis (an-ak-ah'-ee-no-sis). Renovated, renewed, completely changed for the better⁷⁹. By the loving Father who created us to be redeemed by the Savior Son and guided by the supportive Spirit into the best and most grace-filled life possible.

⁷⁶ Blue Letter Bible, “Strong's G4687 - *speirō*”, <https://www.blueletterbible.org/lexicon/g4687/kjv/tr/0-1/>

⁷⁷ Blue Letter Bible, “Strong's H3045 - *yāda*”, <https://www.blueletterbible.org/lexicon/h3045/kjv/wlc/0-1/>

⁷⁸ Blue Letter Bible, “Strong's G3339 - *metamorphōō*”, <https://www.blueletterbible.org/lexicon/g3339/kjv/tr/0-1/>

⁷⁹ Blue Letter Bible, “Strong's G342 - *anakainōsis*”, <https://www.blueletterbible.org/lexicon/g342/kjv/tr/0-1/>

Ready to seek and search out the agathós (ag-ath-os') – good, pleasant, agreeable, joyful, happy, excellent, distinguished, useful, upright⁸⁰ – things of God in our everyday lives.

Willing to choose the hard thing (later) over the easy way (now) to find the euárestos (yoo-ar'-es-tos) – agreeable, acceptable, well-pleasing⁸¹ – will of God for ourselves and to offer His grace to others.

Able to humble ourselves and submit our will to embrace the téléios (tel'-i-os) – completeness, perfection, maturity⁸² – that comes from allowing God to be in (complete) control.

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to _____ your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be _____ by the renewing of your mind. Then you will be able to test and approve what God’s _____ is—his good, pleasing and perfect will” (Romans 12:1-2 NIV).

It is important what we are willing to parístēmi (par-is'-tay-mee)⁸³.

Commend.

Give.

Present.

Show.

Yield.

Offer.

Provide.

Bring near.

“Be still” reminds us to parístēmi (par-is'-tay-mee) to God ...

All that we are.

All that we have been.

All that we hope to be.

“Be still” reminds us to allow God to be in control of every part of us, to give God complete access to what we say, do, think, and feel.

So, *“let us not become weary in doing good”* (Galatians 6:9 NIV), having faith, and choosing the things of God.



⁸⁰ Blue Letter Bible, “Strong’s G18 - *agathos*”, <https://www.blueletterbible.org/lexicon/g18/kjv/tr/0-1/>

⁸¹ Blue Letter Bible, “Strong’s G2101 - *euarestos*”, <https://www.blueletterbible.org/lexicon/g2101/kjv/tr/0-1/>

⁸² Blue Letter Bible, “Strong’s G5046 - *teleios*”, <https://www.blueletterbible.org/lexicon/g5046/kjv/tr/0-1/>

⁸³ Blue Letter Bible, “Strong’s G3936 - *paristēmi*”, <https://www.blueletterbible.org/lexicon/g3936/kjv/tr/0-1/>

Go Deeper:

If God were going to parístēmi (par-is'-tay-mee) you something you really want, what would it be?

Go Deeper:

How is *"be still"* a form of *"proper worship"* and adoration of God?

Go Deeper:

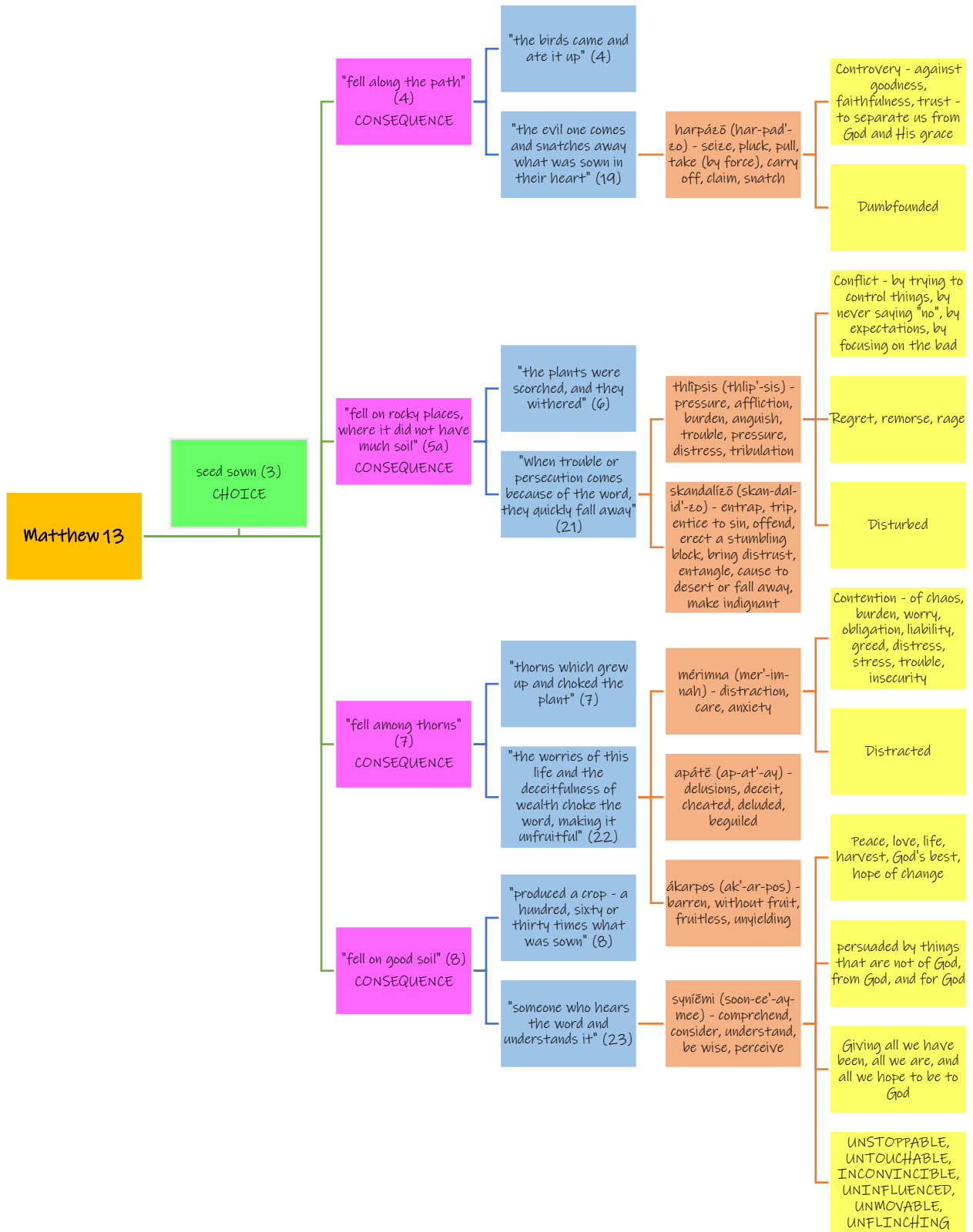
What is a decision you have made that speírō (spi'-ro) something not good or godly in your life? What happened? How did you uproot that seed?

Go Deeper:

Why can God metamorphóō (met-am-or-fo'-o) what we give to Him?

Go Deeper:

Why is our motive important to God? What does 2 Corinthians 9:7 tell us? What does Psalm 51:17 tell us?



Be Still: Day 21

"Be still, be _____, see, and _____ that I am the _____ God ..." (Psalm 46:10a VOICE).

Wouldn't it be nice if our lives were more like our childhood cartoons and God had the cartoon-type arrow pointing at ...
The things He has for us.
The people He wants us to know.
The places He wants us to go.

Wouldn't it be easier to decipher "*whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable ... excellent or praiseworthy*" (Philippians 4:8 NIV) if God made it ...

Obvious?
Clear?
Blatant?
Bright?
Known?

But He does not. Instead, He gives us the freewill to ...
Choose Him.
Consider Him.
Follow Him.

He gives us the option to ...
Challenge what we think.
Contradict what we know.
Cancel what we want.

There is always ...
Guidance.
Encouragement.
Prompting.

But never ...
Pushing.
Insistence.
Force.

Most of the time He gives us just enough grace to guide us in the right direction.

But sometimes He is abundance in His grace, giving us a clear, obvious, bright sign.

He did this for Israel ... while they were wandering in the desert.

“They [Israel] marched for three days after leaving the mountain of the LORD, with the Ark of the LORD’s Covenant moving ahead of them to show them where to _____ and _____” (Numbers 10:33 NLT).

God told them when to go.
And God told them when it was time to stop.

To give them m^enûwchâh (men-oo-khaw')⁸⁴.
Comfort.
Ease.
Quiet / quietness.
Rest.
Stillness.

“My resting place” (Psalm 132:14 NIV).
Time with God to relax, renew, and refresh.

“Quiet waters” (Psalm 23:2 NIV).
Space with God to revitalize, invigorate, and restore.

“Peaceful dwelling places, in secure homes, in undisturbed places of rest” (Isaiah 32:18 NIV).
With everything we need to find ourselves *“undisturbed”* in even the hardest things.

And when we allow ourselves to experience and enjoy His m^enûwchâh (men-oo-khaw'), we will find ourselves in the best possible place.

“His resting place will be glorious” (Isaiah 11:10 NIV).

We will find ourselves experiencing and being changed forever by His kâbôwd (kaw-bode')⁸⁵.
Glory.
Honor.
Splendor.
Dignity.

“Be still” is the beginning of a life well-lived in *“His resting place.”*



⁸⁴ Blue Letter Bible, “Strong’s H4496 - m^enûhâ”, <https://www.blueletterbible.org/lexicon/h4496/kjv/wlc/0-1/>

⁸⁵ Blue Letter Bible, “Strong’s H3519 - kâbôd”, <https://www.blueletterbible.org/lexicon/h3519/kjv/wlc/0-1/>

Go Deeper:

If you were to describe God's m^enûwchâh (men-oo-khaw') to someone, what would you say?

Go Deeper:

When is a time you allowed God to interrupt / intersect your pain and accepted His m^enûwchâh (men-oo-khaw')? What happened? How were you changed?

Go Deeper:

What evidence / experience of God's m^enûwchâh (men-oo-khaw') do you see in Psalm 23?

Go Deeper:

If God were to give you an obvious sign / direction / confirmation about anything in your life, what area or relationship would you want it to be for? What would you hope God would say?

Go Deeper:

In what area of your life is God encouraging you to "*stop and rest*"? How are you responding?

Be Still: Day 22

“*Stop _____ and know that I am _____ ...*” (Psalm 46:10a NASB).

Are you kopiáō (kop-ee-ah'-o)⁸⁶?

Fatigued.

Weary.

Tired.

Exhausted.

Are you phortízō (for-tid'-zo)⁸⁷?

Overloaded.

Overburdened.

Heavy.

Are you feeling the zygós (dzoo-gos')⁸⁸ – burden, bondage, slavery – of phortíon (for-tee'-on)⁸⁹?

Service.

Tasks.

Obligations.

Rites.

There is an open invitation.

To you.

From Jesus.

Anytime.

In any condition.

With any need.

“*Come to Me*” (Matthew 11:28 NIV).

Deûte (dyoo'-the)⁹⁰.

Come hither.

Come here.

Come.

Come now.

Come close.

Come near.

⁸⁶ Blue Letter Bible, “Strong's G2872 - kopiáō”, <https://www.blueletterbible.org/lexicon/g2872/kjv/tr/0-1/>

⁸⁷ Blue Letter Bible, “Strong's G5412 - phortizō”, <https://www.blueletterbible.org/lexicon/g5412/kjv/tr/0-1/>

⁸⁸ Blue Letter Bible, “Strong's G2218 - zygos”, <https://www.blueletterbible.org/lexicon/g2218/kjv/tr/0-1/>

⁸⁹ Blue Letter Bible, “Strong's G5413 - phortion”, <https://www.blueletterbible.org/lexicon/g5413/kjv/tr/0-1/>

⁹⁰ Blue Letter Bible, “Strong's G1205 - deute”, <https://www.blueletterbible.org/lexicon/g1205/kjv/tr/0-1/>

Come within the intimate circle of My presence.

Where you will learn who I am.

Where you will understand what I want.

Where you will discover why My way is best.

Where you will realize My when is always purposed.

Where you will accept My how may require more than is comfortable.

Where you will find anapaúō (an-ap-ow'-o)⁹¹.

Refreshing.

Ease.

Rest.

Recovery.

Calm.

In the presence of the One who is always praios (prah'-os)⁹².

Gentle.

Mild.

Meek.

In the love of the One who is always chrēstós (khrase-tos')⁹³.

Virtuous.

Kind.

Pleasant.

Gracious.

“Be still” invites us to stop and experience the anápausis (an-ap'-ow-sis) – rest, recreation, intermission, cessation of motion⁹⁴ – God has created us to have.

“Be still” reminds us how important it is for to *“keep company with Me”* (Matthew 11:30 MSG). Because everything we want and needs abides with Him. Because everything related to our best lives and best selves is encompassed in Him.

“Be still” and accept God’s grace so *“you’ll learn to live freely and lightly”*, full of the grace and truth needed to feel peace, joy, contentment, and forgiveness.



⁹¹ Blue Letter Bible, “Strong's G373 - anapaúō”, <https://www.blueletterbible.org/lexicon/g373/kjv/tr/0-1/>

⁹² Blue Letter Bible, “Strong's G4235 - praios”, <https://www.blueletterbible.org/lexicon/g4235/kjv/tr/0-1/>

⁹³ Blue Letter Bible, “Strong's G5543 - chrēstos”, <https://www.blueletterbible.org/lexicon/g5543/kjv/tr/0-1/>

⁹⁴ Blue Letter Bible, “Strong's G372 - anapausis”, <https://www.blueletterbible.org/lexicon/g372/kjv/tr/0-1/>

Go Deeper:

Why does “*be still*” require us to be tapeinós (tap-i-nos') – humble, lowly in spirit⁹⁵ – to God’s will and ways?

Go Deeper:

What does Matthew 11:28-30 teach us about “*be still*” and why we need to prioritize time with God?

Go Deeper:

What does it mean to you when Jesus says “*Come to Me*”? Does He put any limitations or restrictions on this invitation?

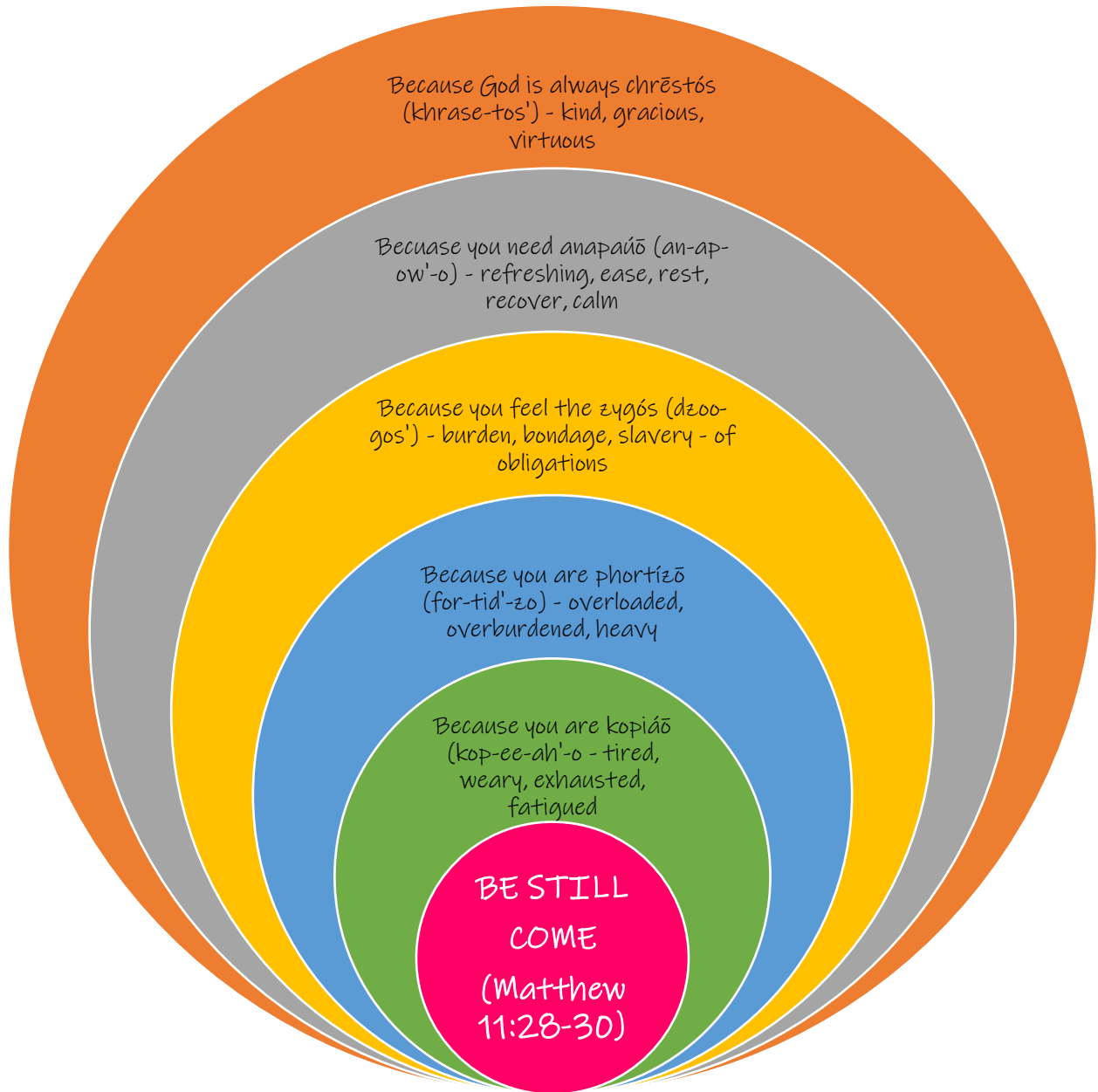
Go Deeper:

How does “*be still*” help us find anapaúō (an-ap-ow'-o), even when we are in the middle of a trial, test, or tribulation?

Go Deeper:

What are several ways God has been chrēstós (khrese-tos') to you?

⁹⁵ Blue Letter Bible, “Strong's G5011 - *tapeinos*”, <https://www.blueletterbible.org/lexicon/g5011/kiv/tr/0-1/>



Be Still: Day 23

“Stand _____! Know that I am _____ ... ” (Psalm 46:10a TLB).

We have thought and felt our way through “*be still*” and its implications to us.

What does it mean?

What does it mean for me?

And I keep feeling God say:

Stop.

Slow down.

Pause.

Relax.

Stop trying to control everyone and everything around you.

You cannot manage people’s image or expectation of you.

You cannot dictate what people think of you.

You cannot change people’s feelings toward you.

You cannot manipulate people’s reaction to you.

You cannot control every situation of your day.

You cannot decide everything wisely on your own.

You cannot think the best of things through the chaos of your emotions.

You cannot be all things to all people AND still be all that God created you to be.

But you CAN ...

Lean into God.

Trust God.

Choose to follow God.

Because “*He is most careful with you*” (1 Peter 5:7 MSG).

He is *mélō* (mel'-o)⁹⁶.

Interested in us.

Concerned about us.

Careful toward us.

And He asks us to ...

Believe this as truth.

Lean into this truth.

⁹⁶ Blue Letter Bible, “Strong's G3199 - *melei*”, <https://www.blueletterbible.org/lexicon/g3199/kjv/tr/0-1/>

Live this truth.

And to be purposeful in how we epirrhíptō (ep-ir-hrip'-to)⁹⁷.

Cast our concern.

Throw our troubles.

Place our pain.

Peter reminds us that we have to CHOOSE ...

In God's direction.

For God's purposes.

Because of God's love.

That means we have to be tapeinóō (tap-i-no'-o)⁹⁸.

Humble.

Make low.

Reduce.

Assign.

Everything we have been – our past.

Everything we are – our present.

Everything we hope to be – our future.

Our hearts.

Our minds.

Our bodies.

To God's will.

To God's ways.

To God's wants.

And we cannot do it with Christ.

So, *"be still"* and allow God to hupsōō (hoop-so'-o) – raise you to the dignity, honor, and happiness⁹⁹ – He instilled in every fiber of your being and every piece of your purpose.

"Be still" and willing give it all to God. It will change your life and your future for the better.



⁹⁷ Blue Letter Bible, "Strong's G1977 - epiptō", <https://www.blueletterbible.org/lexicon/g1977/kjv/tr/0-1/>

⁹⁸ Blue Letter Bible, "Strong's G5013 - tapeinoō", <https://www.blueletterbible.org/lexicon/g5013/kjv/tr/0-1/>

⁹⁹ Blue Letter Bible, "Strong's G5312 - hypsoō", <https://www.blueletterbible.org/lexicon/g5312/kjv/tr/0-1/>

Go Deeper:

Why does 1 Peter 5:8 tell us we must be tapeinóō (tap-i-no'-o) for the things of God?

Go Deeper:

Why does 1 Peter 5:6-7 tell us we need to “*be still*”?

Go Deeper:

What is something you cannot control or change that you are currently trying to control or change? What is a first step you can take to start letting go?

Go Deeper:

What is a decision you made where you epirrhíptō (ep-ir-hrip'-to) for God? What happened?

Go Deeper:

What is God speaking to you today about “*be still*”?

Be Still: Bonus

“Give ye _____, and see ye, that I am God ...” (Psalm 46:10a WYC).

“God is not human, that he should _____” (Numbers 23:19 NIV).

“God, who does not _____” (Titus 1:2 NIV).

“It is impossible for God to _____” (Hebrews 6:18 NIV).

God cannot kâzab (kaw-zab')¹⁰⁰.

Fail.

Lie.

Deceive.

Be a liar.

God will not pseúdomai (psyoo'-dom-ahee)¹⁰¹.

Speak deliberate falsehoods.

Utter an untruth.

Deceive by a lie.

Lie to.

When God makes a promise, He keeps it. “Not one of all the LORD’s good promises to Israel failed; every one was fulfilled” (Joshua 21:45 NIV). There is **never** any nâphal (naw-fal') – failure, rotting, desertion, falling short, dropping¹⁰² – when God promises.

When God makes a promise, He aligns the people, places, and circumstances needed to fulfill it. “For no word from God will ever fail” (Luke 1:37 NIV). There is nothing adýnatos (ad-oo'-nat-os) – impossible, unable, impotent, weak, powerless, disabled¹⁰³ – about God that He cannot and will not honor His word.

“Be still” allows us to open every part of ourselves to the truth of God.

“Be still” allows us to acknowledge the faithfulness He has continually shown us.

“Be still” allows us to adjust our attitudes and mindsets to what God says is right.

“Be still” allows us to stop lying to ourselves and begin to change for God purposes into the person He created us to be.



¹⁰⁰ Blue Letter Bible, “Strong’s H3576 - kâzab”, <https://www.blueletterbible.org/lexicon/h3576/kjv/wlc/0-1/>

¹⁰¹ Blue Letter Bible, “Strong’s G5574 - pseúdomai”, <https://www.blueletterbible.org/lexicon/g5574/kjv/tr/0-1/>

¹⁰² Blue Letter Bible, “Strong’s H5307 - nâpâl”, <https://www.blueletterbible.org/lexicon/h5307/kjv/wlc/0-1/>

¹⁰³ Blue Letter Bible, “Strong’s G102 - adýnatos”, <https://www.blueletterbible.org/lexicon/g102/kjv/tr/0-1/>

Go Deeper:

When is a time the enemy tried to convince you that God lied to you? How did he distort the truth? How did you respond?

Go Deeper:

How did the enemy persuade Adam and Eve that God was not being 100% honest with them in Genesis 3:1? Why were they susceptible to such a suggestion?

Go Deeper:

What tactics does John tell us the enemy uses to distract us toward disobedience and discontentment in 1 John 2:16? Why are these powerful forces on our attitudes and motivations?

Go Deeper:

What does Paul tell us in Ephesians 4:24 about God's faithfulness and truthfulness? Why do we need to believe this to fully "*be still*"?

Go Deeper:

How is His divine truth one way God "*will rise up to show you compassion*" (Isaiah 30:18 NIV)?

