

Be Still and Know that I Am God

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Psalm 46

- I. Learning to live _____
 - A. Silence – Learning to be _____
 - B. Solitude – Learning to be _____
 - C. Stillness – Learning to be _____

- II. Learning to live _____
 - A. Paying attention to _____
 - B. Paying attention to _____
 - C. Paying attention to _____
 - D. Paying attention to _____

III. Learning to live _____

A. Learning to _____

B. Learning to _____

C. Learning to _____

Day One: Exodus 31:12-18

- What did God say the Israelites must do (13)? What do you think he means about the Sabbath being a “sign”? How does it help you recognize God as ruler of all? What does a life rhythm involving rest communicate to the Lord? What message does it send to your children and others who will go ahead of you?
- Summarize the details of “observing the Sabbath” (14-16). Desecrating it meant isolation or even death. How can you square this consequence with what it means to follow God today?
- In verse 16 God tells us to celebrate the Sabbath. If rest doesn’t feel celebratory to you, why do you think that’s the case? Ask God to show you the true value and purpose of taking breaks.
- The Sabbath benefits even God! How (17)? Pray rest brings only refreshment, not feelings of guilt, laziness, etc. How does this passage conclude (18)? Why do you think God ended his issuance of commands by emphasizing the Sabbath?

Day Two: Psalm 34

- What will David always do (1-2)? Whom does he invite to join him (2-3)? If your year has been intense or afflicted, what makes it possible to join David in exalting God? In the midst of intensity, what is beneficial about stopping to do this?
- Why is it good to seek the Lord (4-7, 19-22)? In verse 6, even the poor are “saved out of all their troubles” when they call on God. What times in your life echo this truth? Give thanks to God.
- How can we know “that the Lord is good” (8)? Think about the time and attention it takes to truly taste and truly see something. What spiritual habits help you to taste and see God’s goodness? In the New Year, how can you faithfully practice them?
- What does David say about fearing only the Lord (9-14)? Whom does God see and hear (15-17)? Whom is he close to (18)? Ask the Holy Spirit to testify about all the ways he sees, hears and draws near to you. What is he speaking?

Day Three: Psalm 121

- Where does the psalmist fix his gaze (1)? In this time of searching for help, why do you think he looks upward? Whenever you need help, where do you look? What is the psalmist’s answer to his own question (2)? In this instance why do you think he describes God as “the Maker of heaven and earth”?

- Why are we able to fully rest when God is watching over us (3-8)? If God never sleeps, that means you can! Regular times of rest and recuperation are acts of worship: they proclaim to the Lord that he is in control and he will keep you safe. What are some ways you buck against this truth and try to survive solely on your own? Repent, and ask the Lord to show you a better way.
- For your next time of rest, be it a Sabbath day or ten-minute break at work, begin and end the period by reciting this psalm. Be still. Pay attention to any word or phrase the Holy Spirit highlights. What is God communicating to you?

Day Four: Romans 9:6-18

- Summarize Paul's beginning argument that we are not saved by ethnic origin (6-9). What do you think it means to be "children of the promise"? Regardless of lineage and through no effort of your own, you are Abraham's offspring. How does this feel?
- How does Paul explain that God gets to choose whoever he wants for his family (10-13)? Meditate on the phrase "not by works but by him who calls." Pray that the New Year would be less about activity and more about living quietly enough to hear God's call.
- What does Paul say to those who think God is unjust (14-18)? Think about verse 16 in the context of being still. Are you good at it? If not, what desires or efforts interfere with stillness? When distracted by your own efforts, you may miss out on God's mercy. In all moments may his mercy be the first thing you spot; allow your own striving to fade into the background.

Day Five: Romans 12:3-8

- What makes it possible for Paul to issue these commands (3)? Who do you sense "the grace given to you" releases you to be? How should we think of ourselves (3)? What do you think Paul means by "in accordance with the faith God has distributed..."? How does faith in Jesus help you to think of yourself in humility? How does thinking of yourself with "sober judgment" impact the way you pay attention to God, yourself and others?
- Paul then shifts to the theme of the Body of Christ, complete with lots of imagery; describe it (4-5). What role do spiritual gifts play in the Body of Christ (6-8)? Where do you see your own giftings identified here? What about gifts you desire; which ones create a longing in your heart? Read Psalm 46:10. "Be still and know..." as you contemplate the gifts you have and those you desire. What is the Lord speaking?

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