

# be still

finding silence

“ Be  
s t i l l  
a n d k n o w  
t h a t I a m  
G o d ”

# BE STILL

## Removing The Barriers

### SUMMARY

- **Main Idea:** How do we remove the barriers which prevent us from being still?
- **Scripture:** Psalm 23 shows God as our Shepherd who brings peace, protection and provision for us.
- **Key Takeaways:**
  - Busyness and expectations create barriers to stillness.
  - Noise in our lives distracts us from being still.
  - Apathy towards God leads to a lack of desire for stillness.
- **Application:** To remove these barriers, we should minimize distractions, embrace stillness, study the Bible deeply, and prioritize time with God. By adding 10 minutes of stillness daily, we can cultivate a closer relationship with Him.

### LIFE GROUP QUESTIONS

1. **Understanding Question:** How does the metaphor of God as a shepherd in Psalm 23 provide a unique perspective on His character and our relationship with Him?
2. **Personal Reflection Question:** In what ways do busyness and external expectations hinder your ability to be still and connect with God on a deeper level?
3. **Daily Application Question:** What practical steps can you take this week to minimize distractions and create intentional moments of stillness in your daily routine to spend time with God?
4. **Community/Relationship Question:** How can we support and encourage one another in our journey towards stillness and deeper connection with God, especially in a culture that values busyness and noise?
5. **Specific Action Question:** How will you implement the challenge of adding 10 more minutes of stillness to your daily time with God, and what obstacles do you anticipate in achieving this goal?

## DAILY DEVOTIONALS

### Day 1: The Shepherd of Peace

Scripture: Psalm 23:1

**"The Lord is my shepherd; I shall not want."**

In our fast-paced world, it's easy to lose sight of the peace that God offers us. Psalm 23 presents God as our Shepherd who provides peace and ensures we lack nothing. This foundational truth reminds us that our contentment and rest are found in Him, not in the busyness of life. As we begin this journey of removing barriers to stillness, let's focus on the peace God offers and trust that He knows our needs better than we do.

- **Prayer:** "Lord, help me to find peace in You amid the chaos of life. Teach me to trust You as my Shepherd, knowing that I lack nothing in Your care."
  - **Reflect:** What areas of your life are lacking peace, and how can you invite God's peace into them?
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### Day 2: Finding Stillness in Silence

Scripture: Luke 5:16

**"But Jesus often withdrew to lonely places and prayed."**

Even Jesus, amidst His demanding ministry, sought solitude to connect with the Father. This verse encourages us to prioritize moments of stillness and silence in our lives. In a world full of noise and constant demands, withdrawing to a quiet place to pray can seem daunting. Yet, it is in those quiet moments that we find clarity and strength. Consider how you can incorporate times of solitude to hear God's voice more clearly.

- **Prayer:** "Father, guide me to create spaces of silence in my daily life to hear Your voice. Help me to embrace these moments as opportunities to grow closer to You."
- **Reflect:** What steps can you take to find moments of solitude in your day-to-day life?

### Day 3: The Power of Minimising

Scripture: Ecclesiastes 3:1

**"There is a time for everything, and a season for every activity under the heavens."**

Understanding the seasons of life can help us minimize and prioritize what truly matters. This passage from Ecclesiastes reminds us that not every activity or expectation needs our immediate attention. By discerning what season we are in, we can focus on what God is calling us to do now and let go of unnecessary busyness. Practically, this might mean saying no to certain commitments or setting boundaries to protect time for rest and reflection.

**Prayer:** "Lord, grant me wisdom to discern the season I am in and the courage to minimize distractions, focusing on what truly matters."

**Reflect:** What is one activity or commitment you can minimize to create more room for stillness and reflection?

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### Day 4: Overcoming Apathy with Passion

Scripture: Psalm 51:12

**"Restore to me the joy of your salvation and grant me a willing spirit, to sustain me."**

Apathy can creep into our spiritual lives, dulling our passion for God. This verse from Psalm 51 is a heartfelt plea for renewed zeal and willingness to follow God. When apathy sets in, it's crucial to seek God's renewal and remember the joy of our salvation. Engage with Scripture actively, and ask God to refresh your spirit, renewing the passion you once had for Him.

- **Prayer:** "Heavenly Father, restore my joy and passion for You. Awaken my heart to pursue You with renewed energy and zeal."
- **Reflect:** How can you rekindle your passion for God and overcome areas of apathy in your spiritual journey?

## Day 5: Living the Truth, Sharing the Peace

Scripture: Matthew 11:28

"Come to me, all you who are weary and burdened, and I will give you rest."

The promise of rest is not just for us to experience, but to share. Jesus invites us to come to Him with our burdens and find rest. As we live in His peace, we are also called to be instruments of His peace to others. Reflect on how you can share this message of rest and peace with those around you. Whether through words or actions, let the truth of God's peace shine through your life.

- **Prayer:** "Lord Jesus, thank You for Your promise of rest. Help me to live out this truth and be a beacon of Your peace to those around me."
- **Reflect:** In what ways can you share the message of Christ's rest and peace with someone this week?

# BE STILL

## Be Still & Meditate

### SUMMARY

- **Main Idea:** Stillness before God creates the space where Scripture can shape us.
- **Scripture:** Psalm 1:1-6 emphasizes the importance of meditating on God's word day and night.
- **Key Takeaways:**
  - Meditation is relational before it's informational.
  - Meditation is how God forms a flourishing life.
    - **Stability:** Like a tree planted by streams of water, meditation grounds us in Scripture.
    - **Fruitfulness:** Meditating yields a changed life reflecting Jesus.
    - **Endurance:** Just as leaves don't wither, Scripture provides endurance in every season.
  - Meditation moves God's word from our heads to our habits.
- **Application:** Regularly engage in the Bible (through means like Lectio Divina) to deepen your connection with God's word and allow it to transform your life.

### LIFE GROUP QUESTIONS

1. **Understanding question:** How does the concept of meditation in the Bible differ from popular secular practices of meditation, such as emptying the mind and looking within for answers?
2. **Personal reflection question:** In what ways have you experienced the relational aspect of meditation in your own life? How has meditating on Scripture deepened your relationship with God?
3. **Daily application question:** How can you incorporate the practice of meditating on Scripture into your daily routine this week? What specific time and place can you set aside for this practice?

4. **Community/relationship question:** How can meditating on the Word of God influence your interactions with others? How can sharing insights from your meditation practice with fellow believers strengthen your community?
5. **Specific action question:** What steps can you take to deepen your understanding and application of Scripture through the practice of Lectio Divina? Will you commit to trying this method of prayerful reading and reflection this week?

## DAILY DEVOTIONALS

Day 1: Be Still and Know

Scripture: 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."

In a world filled with noise and busyness, it's crucial to find moments of stillness before God. This stillness is not about emptiness but about being fully present with Him. Psalm 46:10 calls us to cease our striving and recognize God's sovereignty. When we pause and meditate on His Word, we open our hearts to His transformative presence. This stillness allows Scripture to move from something we know intellectually to something that shapes our lives.

- **Prayer:** "Lord, help me to find moments of stillness today to understand Your greatness and let Your Word shape my heart."
- **Reflect:** How can you create space in your day to be still before God?

## Day 2: Delighting in God's Word

Scripture: Psalm 1:2

"But whose delight is in the law of the Lord, and who meditates on his law day and night."

Delighting in God's Word goes beyond just reading it; it's about finding joy and life in His teachings. Psalm 1:2 reminds us that true delight comes from engaging deeply with Scripture. As we meditate on His Word, we discover the richness of His promises and wisdom. This delight cultivates a relationship with God that goes beyond head knowledge and transforms our hearts, making us more like Christ.

- **Prayer:** "Father, ignite a passion in my heart for Your Word. Help me to find joy and delight in meditating on Your truths."
  - **Reflect:** What steps can you take to make Scripture meditation a joyful part of your daily routine?
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## Day 3: Growing Stable Roots

Scripture: Psalm 1:3

"That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers."

Meditating on God's Word brings stability and life, much like a tree planted by water. Psalm 1:3 illustrates how consistent engagement with Scripture nourishes our souls and provides strength and resilience. This spiritual nourishment helps us endure life's challenges and bear fruit in every season, reflecting Christ's character in our actions and decisions.

- **Prayer:** "Lord, plant me by Your streams of living water. May Your Word strengthen my roots and help me bear fruit in every season."
  - **Reflect:** How can meditating on Scripture help you remain stable during difficult times?
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## Day 4 & 5: Get Into The Word For Yourself!

# BE STILL

## Be Still & Meditate

### SUMMARY

- **Main Idea:** Ruthlessly eliminate hurry from your life and embrace rest through Sabbath, following the example of Jesus.
- **Scripture:** Hebrews 4:1-13 emphasizes the importance of Sabbath rest and entering God's rest.
- **Key Takeaways:**
  - Sabbath is a weekly rhythm of stopping, resting, delighting, and worshiping.
  - Jesus invites us to come away and learn from Him, cultivating rest and love.
  - The word of God is alive and active, offering ongoing rest and renewal.
- **Application:** Practice Sabbath as a gift, not legalism. Prioritize rest, silence, and discipline to experience God's rest and restore your soul.

### LIFE GROUP QUESTIONS

1. **Understanding:** How does the concept of Sabbath rest in Hebrews 4 connect back to the Old Testament narrative of God leading His people from slavery into the promised land as a place of rest?
2. **Personal Reflection:** In what ways do you struggle with the idea of Sabbath rest in your own life? How do you currently prioritize rest and renewal in your relationship with God?
3. **Daily Application:** What practical steps can you take to incorporate Sabbath rest into your weekly routine, setting aside time for stopping, resting, delighting, and worshiping God?
4. **Community/Relationship:** How can intentional Sabbath rest impact your relationships with others, both within the church community and with your family and friends? How can Sabbath practice deepen your connections with others?

5. **Specific Action Question:** Based on the principles of Sabbath rest discussed, what is one specific change you can make in your daily or weekly routine to prioritize rest and trust God more fully?

## LIFE GROUP QUESTIONS

### Day 1: Embrace the Gift of Sabbath

Scripture: Hebrews 4:9-10

**"There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his."**

The Sabbath is not merely a day; it's a divine invitation into God's rest. It's a call to cease striving and trust in His provision. Like the Israelites entering the Promised Land, we are invited to experience rest in God, a rest that refreshes our souls and realigns our priorities. Embrace the Sabbath as a rhythm, not a rule, and find renewal in stopping, resting, delighting, and worshiping.

- **Prayer:** "Lord, help me to embrace Your gift of Sabbath. Teach me to rest in You and find renewal for my soul."
  - **Reflect:** How can you begin to incorporate a Sabbath rhythm into your weekly routine?
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### Day 2: The Power of Stopping

Scripture: Genesis 2:2

**"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work."**

God Himself modeled rest by ceasing from His work on the seventh day. This act wasn't out of necessity but to establish a rhythm for us. Stopping is an act of trust, acknowledging that the world continues without our constant input. When we stop, we open ourselves to God's presence and allow Him to refresh us. Make stopping a sacred act by setting aside time to cease from work and productivity.

- **Prayer:** "Father, teach me to stop and trust in Your provision. Let my heart find peace in Your presence."
- **Reflect:** What activities or tasks do you need to stop in order to fully experience Sabbath rest?

### Day 3: Rest and Renewal

Scripture: Exodus 20:8-11

**"Remember the Sabbath day by keeping it holy... On it you shall not do any work."**

Rest is more than physical relaxation; it's a renewal of the body, mind, and spirit. The Sabbath provides space for genuine rest that restores us. Consider what activities bring you true rest and renewal, and prioritize them. Whether it's spending time in nature, reading, or enjoying family, let these be moments where God rejuvenates your soul.

- **Prayer:** "Lord, guide me to the rest that truly restores my soul. Help me to prioritize activities that bring renewal."
  - **Reflect:** What specific activities bring you true rest and how can you make space for them in your Sabbath?
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### Day 4: Delighting in God and Creation

Scripture: Isaiah 58:13-14

**"If you call the Sabbath a delight... then you will find your joy in the Lord."**

The Sabbath is a day to delight in God, others, and creation. It's a time to be in awe of God's handiwork and to enjoy His blessings. Spend extended time in His Word, engage in meaningful conversations, and appreciate the beauty around you. Let delight be a key component of your Sabbath, drawing you closer to God and His creation.

- **Prayer:** "Heavenly Father, open my eyes to see Your beauty and fill my heart with delight in You."
- **Reflect:** How can you intentionally delight in God, others, and creation during your Sabbath?

## Day 5: Worship as a Lifestyle

Scripture: Mark 2:27-28

"Then he said to them, 'The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.'"

Worship is woven into the fabric of the Sabbath. It's a day to exalt God through scripture, prayer, and singing. Worship should be both formal and informal, a continual offering of our hearts to God. As you practice Sabbath, let worship extend beyond a single day, becoming a lifestyle that honors God in all aspects of life.

- **Prayer:** "Jesus, help me to live a life of worship. May my Sabbath be a reflection of my love and devotion to You."
- **Reflect:** In what ways can you cultivate a lifestyle of worship throughout your week, beyond the Sabbath?

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"Be  
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**7 DAY DEVOTIONAL  
THROUGH PSALM 119**



**CHURCH AT  
THE GABBA**

# DEVOTIONAL

## **Be Still & Meditate: A 7-Day Journey Through Psalm 119**

How to Use This Plan – Read one section per day (about 22 verses). – Read slowly, aloud if possible. – Sit with one phrase that stands out.  
– End each day with a simple prayer of response.

### **Day 1 — The Blessed Path Aleph & Beth (vv. 1–16)**

- Theme: A life shaped by God's Word
- Focus Question: What kind of life do I truly want?
- Key Verse: "Blessed are those whose ways are blameless, who walk according to the law of the LORD." (v.1)
- Meditation Prompt: Notice the connection between obedience, joy, and freedom.
- Prayer: Lord, set my feet on your path.

### **Day 2 — A Clean Heart in a Noisy World Gimel, Daleth & He (vv. 17–40)**

- Theme: Longing, weakness, and renewal
- Focus Question: What competes for my attention and loyalty?
- Key Verse: "How can a young person stay on the path of purity? By living according to your word." (v.9)
- Meditation Prompt: Where do you feel spiritually tired or distracted?
- Prayer: Revive me according to your word.

### **Day 3 — Delighting in God's Instruction Waw, Zayin & Heth (vv. 41–64)**

- Theme: Delight over duty
- Focus Question: Do I enjoy God's Word—or merely endure it?
- Key Verse: "I delight in your commands because I love them." (v.47)
- Meditation Prompt: What does it look like for obedience to flow from love?
- Prayer: Teach me to love what you love.

### **Day 4 — Formed Through Suffering Teth, Yodh & Kaph (vv. 65–88)**

- Theme: God's Word in seasons of hardship
- Focus Question: How has difficulty shaped my faith?
- Key Verse: "It was good for me to be afflicted so that I might learn your decrees." (v.71)
- Meditation Prompt: Reflect on how God uses pain as a teacher, not an enemy.
- Prayer: Sustain me according to your promise.

### **Day 5 — God's Word Stands Forever Lamedh, Mem & Nun (vv. 89–112)**

- Theme: Stability in a shifting world
- Focus Question: What anchors my life when everything else moves?
- Key Verse: "Your word, LORD, is eternal; it stands firm in the heavens." (v.89)
- Meditation Prompt: Where do you need God's unchanging truth today?
- Prayer: Ground me in what lasts.

### **Day 6 — Light for the Way Forward Samekh, Ayin & Pe (vv. 113–136)**

- Theme: Discernment and direction
- Focus Question: Where do I need clarity or guidance?
- Key Verse: "Your word is a lamp for my feet, a light on my path." (v.105)
- Meditation Prompt: Notice how God's Word guides steps, not just destinations.
- Prayer: Light my next faithful step.

### **Day 7 — A Life That Longs for God Tsade, Qoph, Resh & Shin (vv. 137–160) (Optional: Read Tav vv.161–176 as a closing prayer)**

- Theme: Faithful love and enduring hope
- Focus Question: What kind of person is God shaping me to become?
- Key Verse: "Great peace have those who love your law, and nothing can make them stumble." (v.165)
- Meditation Prompt: Reflect on how this psalm describes a life fully oriented toward God.
- Prayer: Let me live as one who loves your word.

Closing Practice: On the final day, pray Psalm 119:176 aloud:

"I have strayed like a lost sheep. Seek your servant, for I have not forgotten your commands."

# LECTIO DIVINA

## **Be Still & Meditate: 7-Day Lectio Divina Through Psalm 119**

How to Use This Plan – Spend 10–15 minutes per day. – Follow the four steps: Lectio (Read), Meditatio (Reflect), Oratio (Pray), Contemplatio (Rest). – Write in a journal any words or phrases that stand out.

### **Day 1 — Psalm 1:1–8 (Introduction to the Word)**

- Lectio: Read slowly 2–3 times.
- Meditatio: Which phrase speaks of blessing or delight? (“Blessed are those...”)
- Oratio: Pray: “Lord, teach me to delight in your Word, not just obey it.”
- Contemplatio: Sit quietly, imagining God’s Word as a stream nourishing your life.

### **Day 2 — Psalm 19:7–14 (God’s Word and Wisdom)**

- Lectio: Read 2–3 times, aloud if possible.
- Meditatio: Focus on a word like “revives” or “perfect.”
- Oratio: Ask God: “How does your Word revive me today?”
- Contemplatio: Rest in gratitude for God’s law that guides and restores.

### **Day 3 — Psalm 63:1–8 (Longing for God)**

- Lectio: Read slowly, listening for repeated words (“my soul thirsts”).
- Meditatio: What does it mean to long for God as water in a dry land?
- Oratio: Pray from the heart: “Satisfy my soul, O God.”
- Contemplatio: Close your eyes and dwell on God’s sustaining presence.

### **Day 4 — Psalm 119:9–16 (Delight in God’s Law)**

- Lectio: Read aloud, slowly.
- Meditatio: Notice how meditation, delight, and obedience connect.
- Oratio: “Lord, let your Word shape my desires and guide my steps.”
- Contemplatio: Let one verse repeat in your mind like a gentle refrain.

### **Day 5 — Psalm 119:41–48 (Proclaiming God’s Word)**

- Lectio: Read 2–3 times, notice words like “help, hope, delight.”
- Meditatio: Which word draws your heart toward trust or courage?
- Oratio: Pray: “Lord, may my life proclaim your Word.”
- Contemplatio: Sit quietly, imagining speaking God’s promises to the world.

### **Day 6 — Psalm 119:97–104 (Wisdom Through Meditation)**

- Lectio: Read slowly, notice the repetition of “I meditate.”
- Meditatio: Reflect on how love of the Word transforms understanding and action.
- Oratio: “Teach me to meditate on your precepts all day long.”
- Contemplatio: Rest in God, imagining your mind and heart shaped by Scripture.

### **Day 7 — Psalm 119:165–176 (Peace and Restoration)**

- Lectio: Read aloud and slowly.
- Meditatio: Focus on words like “peace” and “salvation.”
- Oratio: “Lord, restore my soul and guide my steps according to your Word.”
- Contemplatio: Sit in stillness, offering yourself to God’s presence, letting the psalm shape your heart.

Tips for Daily Practice – Repeat a phrase throughout the day as a mini-meditation. – Use a journal to track insights. – End each session in silent contemplation, allowing God to speak.



**be still**