

Be still and know that I am God.

Questions to Begin

1. How many of you like noise in the background of your day? (Music, TV, Video Games...)
2. How many of you try to get away from noise during the day? Why or why not?
3. How would you feel if you were trying to talk to someone, but they couldn't hear you because of noise?
4. Would that be frustrating? Why?
5. Do you think that God wants us to listen to Him?
6. Is it easier to listen to God when it is quiet or when it is loud?

Read 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.”*

Read Revelation 1:8 “I am the Alpha and the Omega”, says the Lord God, “who is, and who was, and who is to come, the Almighty.”

Explain that this means that God is not just here for us, but that he has always been here and has always been bigger and greater than the whole Earth. He is here for us now and will be here in the future. Think of a time when you were sad or scared. What do *you do during a difficult time? Can we still praise God when we are sad or scared?*

God is still God during hard times. What might we do when we are scared or sad? Brainstorm some of the possible things to do. When we are scared or sad we might be quiet for a minute and take time to stop and praise God. Remember, God has always been here and always will be here. So when times are hard it helps to stop and think about God, pray for His help, and thank Him for being bigger than any problems around us.

Try it. Be quiet for one full minute, and relax, knowing that God is big and mighty, and is always there to help. Then talk what it felt like. If this is your first experience being quiet, remember that it gets easier to connect to God in quiet with practice.