

Psalm 46

- ¹ God is our refuge and strength,
an ever-present help in trouble.
- ² Therefore we will not fear, though the earth
give way
and the mountains fall into the heart of the
sea,
- ³ though its waters roar and foam
and the mountains quake with their surging.^[c]
- ⁴ There is a river whose streams make glad the
city of God,
the holy place where the Most High dwells.
- ⁵ God is within her, she will not fall;
God will help her at break of day.
- ⁶ Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.

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- ⁷ The LORD Almighty is with us;
the God of Jacob is our fortress.
- ⁸ Come and see what the LORD has done,
the desolations he has brought on the earth.
- ⁹ He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields^[d] with fire.
- ¹⁰ He says, 'Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.'
- ¹¹ The LORD Almighty is with us;
the God of Jacob is our fortress.

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**Point 1.
God is present
before we notice
Him**

3

**"Stillness doesn't make
God present; it makes
us aware of the God
who is already present
and speaking."**

4

Point 2. Stillness Reveals What Is Competing For Our Attention

5

Psalm 131:2-3

² But I have calmed and quieted myself,

I am like a weaned child with its mother;

like a weaned child I am content.

³ Israel, put your hope in the LORD both now and forevermore.

6

Point 3: Jesus Shows Us How To Live This Way



7

Jesus took himself away...

(Mark 1:35) Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

(Luke 6:12) One of those days Jesus went out to a mountainside to pray and spent the night praying to God.

(Matthew 14:23) After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone,

(Luke 5:16) But Jesus often withdrew to lonely places and prayed.

8



Walk and pray

Sit in silence

Breath prayer

Exercise prayer


Scripture meditation

Technology-free prayer

9

Find your place with God

5 minutes a day



10

**"Stillness doesn't
make God present;
it makes us aware
of the God who is
already present and
speaking."**