

Seasons
The Challenges of Life
Week #3 – Be Still

The world says... “When the going gets tough, the tough get **going**.”

So...“When the going gets tough, what do you **do**?”

1. It’s easy to **crumble** when the world all around you is **falling** apart.

“When the going gets tough, God says **be still!**”

רָפָח (raphah) - 1) to relax, 2) to let go of or drop, 3) to let alone or refrain, 4) to be quiet

- ✓ Let down - **let your guard down**
- ✓ Let go - **drop it/it’s out of your control**
- ✓ Let it alone - **leave it behind/leave it with him**

2. Be still! You can relax because God is **present**.

Psalm 46:1-3 - God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

3. Be still! You can let go because God is **in control**.

Psalm 46:4-7 - There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress.

Psalm 46:8-9 - Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.

4. Be still! You can leave it behind because God is **good**.

Psalm 46:10 - He says, “Be still, and know that I am God”.

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Points To Ponder

1. What kind of comfort does it bring into your life knowing that God is always present and in control?
2. Can you think of a time recently that you rested in God's power? Or perhaps a time that looking back you **should have** rested in God's power? Why didn't you then...what weren't you remembering? What will you do differently next time the going gets tough, to remind yourself to rest in his power?
3. What does it mean to "be still"? What does being still look like in your relationship with God? Is it hard for you to do - why or why not?

Homework: Romans 10:8-17