

## **Sabbatical Journey, Week 8**

### **Sabbath and “be still”**

This week we want to bring together a number of our previous studies and reflections and consider what it means to “be still” and how that impacts our rest and renewal.

Psalm 46:10 is likely familiar to you: *Be still and know that I am God.* The NASB translates “be still” as “cease striving.” A very literal understanding is “stop.” The idea is to quit a specific activity or endeavor.

How does this inform our understanding of the verse?

When we stop, we are to see that God will be exalted. What does that tell us about one of the distractions of our “activities” than need to cease?

Read the entire Psalm. What is the refrain (vs 7, 11)? How does it build to this exhortation in v 10?

How does our tendency to frenetic activity keep us from living the reality that God is with us & He is our refuge?

What most easily clouds your eyes on this?

How does reminding ourselves God is our present refuge bring about rest and renewal in our spirit?

What does it take for you to stop and know (experientially take to heart) that God is God in the midst of your current situation?

What do you need to cease from this week to experience fresh rest? What steps can/will you take to make it happen?

Read Psalm 4 – a song of David that brings together the distress of life with being still.

What kind of stillness does David advocate?

What is his situation and why does this make sense to him?

What other aspects of our relationship with God are included in this Psalm.

What insight do they give us in our quest for rest?

Summarize your thoughts on how and why the end of our striving and the cultivation of stillness leads to or enhances our rest.