

Be Still - Study Questions

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Little Trinity Church

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Read Psalm 46 and 1 Kings 19:9-12.

1. Why does God ask us to be still?
 - a. To relinquish control of matters beyond our control; to understand more clearly who is sovereign and who is not (Psalm 46).
 - b. To encounter God in the silence and to hear God (1 Kings 19:9-12)
2. What is it in us that resists that call to be still?
 - a. If we “relax and let go”, if we relinquish control of our lives, we may not like how our lives turn out.
 - i. Our wills may not be in sync with God’s will.
 - ii. We have been hurt and are not sure God can be trusted. We are not sure God has our best interest at heart.
 - b. We fear facing three things in the silence:
 - i. Ourselves: “No, the silence is not a safe place at all because we’re not safe to be alone with.”
 - ii. God: “No, the silence is not a safe place at all because God is not safe to be alone with.”
 - iii. Silence/nothing: “No, the silence is not a safe place at all because there may be nothing but silence there.”
3. What is the antidote to the fears of letting go and stepping into the silence? (read 1 John 4:18-19)