



June 21, 2020
Pastor Eric Wakeling

Cease Striving Psalm 46:10

Psalm 46:10 (NIV) - "Be still and know that I am God."

Psalm 46:10 (NASB) - "Cease striving and know that I am God."

Psalm 46:10 (MSG) - "Step out of the traffic! Take a long loving look at me, your High God, above politics, above everything."

רָפָּה (ra.phah) 'to slacken' - sink, relax, sink down, withdraw, refrain, let alone, be quiet, let go, let drop.

The Sabbath and Cease Striving Exodus 16:22-30

Jesus' Rebuke of the Storm and Our Culture Mark 4:35-41

Be Still

- Cease striving
- Reduce busyness
- Stop rushing
- Less stress
- Less earning God's favor
- Less screen time
- Less focus on self
- Less events
- Less doing
- Less false self and posing

Know that I am God

- Be with Me
- More rest
- More time in prayer and listening
- More peace
- More power of the Holy Spirit
- More reading
- More humility
- More family and friends
- More being
- More vulnerability with God and people

Response:

1. Examine your life and schedule to eliminate everything that causes hurry
2. Find a moment this week to practice being still for 30 minutes
3. Read one of these books: *The Ruthless Elimination of Hurry* by John Mark Comer
An Unhurried Life by Alan Fadling



DIGGING DEEPER

PSALM 46:10

1 Preparation

If possible, find a quiet and comfortable place. Rid yourself of distractions such as your phone, television, school work, interruptions from others, etc. Open yourself to God and intend to learn from Him. ***“Lord, here I am, I present myself to You. Open my heart to the truth of what is going on in my life.”***

2 Read the Text: Psalm 46 & Exodus 34:6-7

Read the text a few times until you have a clear understanding of what the passage is saying.

3 Contemplate + Journal

Spend time thinking about and journaling your thoughts to the following questions. If you meet with a LifeGroup, you can also share your responses with them and have a great discussion.

- What is a word or phrase the Lord impressed on you in this time? Meditate on that.
- In regard to Psalm 46:10a, what would it practically look like to cease striving and to be still? Open up to the Lord about this and ask Him to give you vision for slowing and being still.
- In regard to Psalm 46:10b, meditate on truths about God and who He is (see Exodus 34:6-7). How does knowing these truths about God and knowing Him intimately lead you to stillness and rest?
- How and what do you feel? Is there a specific situation in your life today that relates to this passage? Pray through this for a moment.

4 Praise + Worship

Worship is an act or mindset shift that realigns us to the reality of who God is. Find this song on Spotify, YouTube, AppleMusic, etc. and the lyrics if you would like to read or sing along. Make this song your prayer and declaration of praise and worship as you hear truths being sung over you. Allow the Lord to minister to your heart in this time. **Song Recommendation: *“Be Still”* by Hillsong Worship**

5 Closing Prayer

Spend some time in prayer. Whether it is simply sitting in God’s loving presence, expressing thankfulness and gratitude, and/or offering up supplication, pray what is on your heart in this time.

6 Blessing

“May the Lord grant you the ability, patience, and courage to be still. As you are still, may you remember God, know Him intimately, and receive the true rest your soul needs. May your stillness result in rest and a deeper love of God.”

NEXT STEPS

Your Response Today: Do you want to take a next step in your faith, ask for prayer, or learn more about following Jesus? Take a moment to fill out our online connection card by texting “**Card**” to **970-00**

Connect in a LifeGroup: Grow in community together this summer with others from Calvary. There will be some groups meeting online throughout the summer, as well as smaller off-campus groups meeting in-person. Browse groups to join, or consider helping to start a new group using a Bible Study resource on Sabbath, The Lord’s Prayer, Psalm 23, or Digging Deeper in Hebrews at calvarylife.org/groups

Discover More: Learn about ways you can connect to life at Calvary including weekly pastoral updates and online events, find resources to receive care and help through this season, and discover how we are reaching out with the good news of Jesus locally and globally at CalvaryLife.org

RESOURCES

Worship Service Live-Stream: Calvary will not be having in-person, on-campus groups or services until further notice. The Worship Service will be streamed live online each Sunday at 9:30am. Find ways to watch and resources for you and your family on our website at calvarylife.org/live

Family Activities: Find ways to help “do church” with your kids and fun activities to build their faith each Sunday and throughout the week with great resources provided by Calvary Town at calvarylife.org/town

Find Help or Give Help: Do you need assistance or encouragement in this season? Or, do you want to get involved and be available to help others in need? Find ways to receive help or give help at calvarylife.org/help

Ways to Give: Please pray for those who are affected economically by this virus and for our church finances as well, that God would sustain and provide through this challenging season. Please consider mailing a donation to the church or you can give online simply and securely this week at calvarylife.org/give



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