



# Be Still and Know That I am God

Reflection Questions  
and Action Challenges



AFFIRM *Faith* CO.





# Gratitude Journal

## Morning Gratitude

Before you began your day, list 10 things you're grateful for.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## What My Challenges are Teaching Me

List three obstacles and what you're learning from them.

1.

What i'm learning:

2.

What i'm learning:

3.

What i'm learning:

## People I'm Grateful For

List 5 people who've made your life a little happier today, these could be friends, family or strangers !

- 1.
- 2.
- 3.
- 4.
- 5.

## The Best Part of My Day

Choose one moment of your day that made you happy and focus on it for 5 minutes before bed

# My Prayer Action Plan

month: \_\_\_\_\_

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GOAL - List Out Your Goals For Prayer For the Month  
(Example: I want to pray X minutes a day)

WRITE OUT YOUR GOALS HERE!

WRITE OUT ANYONE YOU ARE PRAYING FOR THIS MONTH  
(YOU CAN ADD MORE INFO ON YOUR DAILY SHEETS)

*your prayer requests*

*praise reports*



Journal

[illegible]

## Study Questions

**Where else in Scripture does God call His people to “be still,” and what circumstances surround those commands?**

Search Exodus 14:13–14, 2 Chronicles 20:17, and Mark 4:39. Compare how stillness is commanded during fear or crisis.

**How does the command to “be still” contrast with the responses of biblical figures in times of fear?**

Look at Elijah in 1 Kings 19, Peter in Matthew 14:22–33, and the disciples in Luke 8:22–25. What do their reactions reveal?

**What do the Psalms teach about God’s role as refuge and strength, especially in times of trouble?**

Study Psalm 46:1–3, Psalm 91, and Psalm 62:5–8. What common truths are found in these psalms?

**How does Jesus model stillness or surrender in moments of chaos or pressure?**

Look at Luke 5:16, Matthew 26:36–46, and Mark 1:35. How does Jesus practice being still before the Father?

**How does Psalm 46:10 connect with the biblical call to cease striving and trust God’s sovereignty?**

Read Matthew 6:25–34, Proverbs 3:5–6, and Isaiah 26:3–4. What instructions are we given about trust and rest?

**What Old Testament stories show God bringing peace in the midst of overwhelming fear or battle?**

Explore 2 Kings 6:15–17, Joshua 6, and Judges 7. How did God lead His people to trust rather than strive?

**How does Revelation describe God’s ultimate victory and stillness in the new heaven and earth?**

Study Revelation 21:1–7 and 22:1–5. How do these passages mirror the promise of peace and God’s exaltation in Psalm 46:10?

**What does the Bible say about God being exalted among the nations?**

Search Isaiah 2:2–4, Habakkuk 2:14, and Philippians 2:9–11. How does God’s exaltation fulfill Psalm 46:10?

**How do spiritual disciplines like fasting, Sabbath, and silence reflect the be still and know that I am God meaning?**

Examine Leviticus 23:3, Isaiah 58, and Luke 4:1–2. What rhythms did God build into His people’s lives to foster dependence on Him?

**What happens when God's people choose not to be still or trust Him in Scripture?**

Read Numbers 14:1–45, 1 Samuel 13:8–14, and Jonah 1. What were the consequences of striving in fear rather than surrendering in trust?

## Reflection Questions

**What does it mean for you personally to “let go and trust God” right now?**

Think of a specific area where you’re striving or worrying. What would spiritual stillness look like there?

**Have you ever experienced God meeting you in a moment of stillness or surrender?**

Reflect on that moment. What did you learn about God? What changed in you?

**What keeps you from stillness—physically, mentally, spiritually—and how can you bring that to God?**

Be honest with yourself. What distractions or fears need to be surrendered?

**Do you believe God is enough, even when you don’t understand what He’s doing?**

Reflect on your current faith posture. Is it rooted in control or trust?

**How does understanding the true be still and know that I am God meaning challenge your normal response to stress?**

Ask yourself if you typically “try harder” or if you’re learning to “rest deeper” in God’s presence.

**What part of Psalm 46 most encourages or convicts you right now?**

Reread the entire psalm and pick one verse to hold onto this week.

## Action Challenges

### 1. **Create a “Stillness Moment” in Your Day**

Set aside 10–15 minutes each day this week to sit quietly with no phone, music, or distractions. Reflect on Psalm 46:10. Ask God to meet you there.

### 2. **Write Out Psalm 46 by Hand**

Choose a journal or notecard and write the entire psalm out by hand. This slows your mind and helps you soak in the truth. Keep it somewhere visible.

### 3. **Memorize Psalm 46:10**

Work on committing it to memory. Say it aloud each morning and night this week. Let it

become part of your inner vocabulary.

4. **Pray with Someone Who's Struggling to Trust God**

Reach out to a friend who's anxious, overwhelmed, or grieving. Share Psalm 46:10 and offer to pray it with them.

5. **Set a Weekly "Sabbath Hour"**

Pick one hour this week to unplug completely. No work, no screens, just rest and worship. Use this time to reflect on God's sufficiency.

6. **Journal Your Surrender Story**

Write about something God is asking you to release. What's hard about letting go? What would it look like to trust Him there?

7. **Encourage Someone with This Verse**

Send a card, text, or voice memo to someone who needs peace. Share how Psalm 46:10 is speaking to you and why you think it might bless them too.

8. **Create a Visual Reminder of Stillness**

Design a lock screen, bookmark, or note card with Psalm 46:10. Use it to ground yourself during moments of stress this week.