

1. Watch my [short video](#) & introduction to the lesson today.
2. Sharing time. Our question today: What do you think of when you hear the phrase “Be still.”
3. Read the story together as a family (or listen to me read it [here](#)) & go through the discussion questions to talk about what you’ve learned.
4. Pray together as a family.
5. Do a reflection activity

If you have questions or just want to share your learning, you can email me [cas66852@gmail.com](mailto:cas66852@gmail.com) or text/call at 612-310-2363

Hey ClubE!

There are so many times these past few months that I’ve said or thought, “I miss ClubE! I wish I was with my kids...” but that’s never been more real than today. I wish we could gather together this morning and have a conversation about what is happening in our world. We would be sad together, angry together, disappointed together, and sit and listen to each other.

I would remind you that in it all, the truth of God’s big story remains true and He is still in control. I would tell you God *loves you deeply*. He cares about your hurt, your confusion, and your sadness. I would tell you to bring it all to Him and be powered by the Holy Spirit to love others. Then we would have a big group hug and be filled with the peace that only the Holy Spirit can give us.

## Storytime!

*“...be still and know that I am God.” Psalm 46:10.*

I read those words and became discouraged. Be still? What about all the hurt that is happening? How can my heart and mind be quiet and resting when everything is so confusing and my heart feels so full?”

Maybe those words make you angry when you first read them. Maybe you don’t care. Maybe it makes your head feel fuzzy and overwhelmed.

If we are going to be still, that probably means that the world is pretty easy. The person who is writing this Psalm is probably on a beach, sitting, having some lemonade and playing volleyball. Right?

Let’s take a look. Pull out your Bible and read Psalm 46 and hear these words.

*Psalm 46: 1-3*

*“God is our refuge and strength,  
an ever-present help in trouble. 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.”*

Think about these words, my friends! The author is describing the very worst thing that he could imagine happening-- the earth is crumbling and falling apart! Mountains are falling! There's nothing he can do to control it!

But, look at what it says at the beginning of the verse 1:

*God is our **refuge** and strength,  
an ever-present help in trouble.*

A refuge is a shelter and a safe place.

So, who or what is our refuge (safe place)?

**Not** others

**Not** this world

**Not** even ourselves

But God!

As we continue to read through this Psalm it doesn't get easier, the author continues to share about a crumbling world. The very worst thing he can imagine is happening and God is our safe place. So why do we have to be still? Look at verse 10.

*“He says, “Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”*

Being still doesn't mean having to be calm or sit still. It doesn't mean being happy or lazy. Being still means that in the roar and loudness of this world, we can calm our hearts with knowing that we can **trust God**.

Because we trust God, we don't stand by when the world is crumbling and people are treated unjustly. God's heart is aching. He hates sin. He's angry about this. We can be angry and sad too.

We've learned so many truths about trusting God over the past several months. Let's take a look.

1. Who can we trust? We can trust God.
2. Because we can trust God we can be brave.
3. Because we can trust God we can do hard things.
4. Because we can trust God, we can love others (even our enemies).

We trust in God because He has proven Himself trustworthy. We bring it all to Him and we move, we act, we listen, we love because of His love. Let's be reminded of all we've learned these past months with God's big story and thank God for being our refuge and strength an ever-present help in trouble.

## Let's talk about it!

- How are you feeling this morning?
- What do you wish you could change about what's happening in the world? Do you think God feels that way?
- How do we know that we can trust God?
- What can we do because we trust God?

## Pray

God, we come to you with heavy hearts. Please give US Your wisdom and strength, so we can keep going even when we don't know what will happen. We know that we can trust You no matter what, because You know the end of the story. Please help us to remember that when we face difficult situations in life. Thank You for sending Jesus so we can have the promise of eternal life with You. We love You, and we pray these things in Jesus' name, amen.

## Reflection

Spend some time writing, coloring, or sharing with God how you're feeling this morning (you can have a family member help too). Take a piece of paper and find a quiet space.

Now that you have all those things written down, I want you to be reminded of some of God's promises.

[Do not fear!](#)

[We are more than conquerors!](#)

[God is our Alpha and Omega \(Beginning and End\)!](#)

[By Him Alone!](#)

[Set an example-- don't let anyone look down on you!](#)

Choose one (or more!) and listen to the truth's these scriptures share!