



1. Read **Psalms 46:10-11**

2. Take 2-3 minutes to just be still. Try and take away any distractions. Maybe close your eyes and focus on your breathing.

3. The Passion Translation translates **Psalms 46:10-11** as this: *“Surrender your anxiety! Be silent and stop your striving and you will see that I am God. I am the God above all nations, and I will be exalted throughout the whole earth. Here he stands! The Commander! The mighty Lord of Angel Armies is on our side! The God of Jacob fights for us!”* (Pause in His presence)

4. What do you notice about this translation? What does it say happens when we stop in silence, when we stop our striving (def: struggle or fight)?

**MARCH 25**  
**BE STILL**

5. How do these verses define who God is? Who is He to you?

6. Take some time to think about where you have placed God in your life, what in your life is taking God's place: worry, knowledge, status, etc.?

7. Pray this prayer of surrender: *Lord, I acknowledge you as King and Lord over my life. I trust that you hold my present and my future, I thank you that you have been with me and you will be with me. I surrender \_\_\_\_\_ to you right now and trust that you will work and move in this area of my life.*

**AND KNOW THAT I  
AM GOD**