



Grounded
February 27, 2022
Psalm 46

Connect:

- Is it torturous for you to “*be still*” or is stillness your friend? Describe your need for noise/activity vs. quiet stillness. In what activity, or lack of activity, do you most *know* that God is God?

Engage

- Read *Psalm 46*. This famed psalm reminds us of off-balanced living – the earth shakes (*tell us about it!*), the nations are in uproar (*you think?*), and electing new leaders into government has never raised such a ruckus. We serve a grounded God who invites us to “*Chill out (read: Be Still) and know we’re not electing a new God.*” How does this (*or not*) speak to the anxieties of society right now? How about your own?
- In what ways is your life grounded? What/who is the foundation in your life that stabilizes things when everything else seems out of whack?
- One woman wrote, “*I am 44, a mom, a minister. In March 2010 they found a tumor in my lung, cancer. They cut it out--and now that's the place where God gets in, my personal Holy Spirit Portal.*” How do you let God in? What is your Holy Spirit portal?
- We are complex beings. Our body might be well but our mind and spirit could be a wreck, for example. Which of the three (*mind, body, spirit*) is most ‘*still*’ in your life right now? Which needs the most support? How can you structure your life to address the needs of each?

Next Steps:

- Consider the balance in your life between your physical, emotional and spiritual make-up. Be still this week and look for ways to ensure your spirit-life isn’t choked out by the rest of your schedule.

Pray:

- Share news about your life and lift any joys or needs to God in prayer.
- “*God of victories large and small, help me still my spirit and remember who you are. Amen.*”