**BE STILL AND KNOW – Meditative Exercises**

For each exercise:

* Find a comfortable spot where you won’t be disturbed. Have your Bible and a journal/paper and a pen or pencil.
* Sit quietly for 5-10 minutes (putting a timer on can help) and just “be” in God’s presence. Don’t intentionally think of anything except being with God.

**Psalm 46 – A Personal Meditation Exercise**

1. Read Psalm 46 out loud, adding as much emphasis as you can.
2. Read it out loud again but in first person singular (God is **my** refuge and **my** strength . . .)
3. Spend a few minutes thinking about some of the concerns or worries you have (e.g. health, family, job, retirement, various situations in the world). Write down one of these.
4. Ask God if there’s anything he wants to tell you specifically about this concern. Write down what comes to mind. Don’t force this.
5. Now read Ps. 46 again declaring this **to** God, adding in your concerns … (see below)

*1God, you are my refuge and strength, an ever-present help in trouble. 2Therefore, I won’t fear though the earth gives way and the mountains fall into the heart of the sea, 3though its waters roar and foam and the mountains quake with their surging. Therefore I won’t fear: \_\_\_\_\_\_\_(tell the Lord the concern you have as written in # 5 above)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*4There is a river whose streams make glad your city, God, the holy place where you, Most High dwell. 5You are within her, she will not fall; You will help her at break of day. 6Nations are in uproar, kingdoms fall; You lift Your voice, the earth melts. 7You, Lord Almighty, are with me; You, God of Jacob, are my fortress. 8Come everyone and see what the Lord has done, the desolations he has brought on the earth. 9You, Lord, make wars cease to the ends of the earth. You break the bow and shatter the spear; You burn the shields with fire. 10You say to me, (insert your name) “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”*

1. Thank God for what he has done. Spend a few more minutes just being still with Him.

**Mark 4:35-41 – A Personal Meditative Exercise**

(This is an Ignatian style of meditation where you enter into the story and take on the role of one of the characters, using your God-given imagination and your senses.)

1. Quickly page/scroll through the first the first 3 chapters of Mark and note the headings to get a sense of what the disciples have already experienced with Jesus.
2. If you were a disciple at that time, which of the following might be a highlight for you?
	* + Jesus healing all kinds of diseases
		+ Jesus driving out demons
		+ Jesus healing a man with leprosy and a paralytic
		+ Listening to Jesus’ amazing teachings
		+ Watching Jesus take a stance against the scribes and Pharisee 🠊
3. Picture yourself getting into the boat with the disciples, telling Jesus to relax and have a nap, and starting to row across the lake. What would the discussions be like? (Remember, Jesus is sleeping so it’s just “the guys”)
4. Now picture such a severe storm that even your tried-and-true, experienced fishermen friends are scared. It’s your job to wake up Jesus. What do you expect Jesus to do?
5. Picture the scene that Mark describes in verse 39. What do you hear and feel when the storm is over? How is your heart/anxiety? What are you thinking?
6. Fast forward to lying in bed that night remembering the day. Write Jesus lines of praise.
7. Think about the storms in your life and how God has helped you through them. Talk to God about that, praising and thanking him. (If you cannot see his hand in those storms, talk to other brothers and sisters in the Lord and ask them to point out what they see.)
8. Thank God for what he has done. Spend a few more minutes just being still with Him.

**John 15:1-17 – A Personal Meditative Exercise**

1. Read the passage slowly. Write down how Jesus describes himself and what **he** does. Do the same for how he describes the Father and what the Father does.
2. What is your/our role? Write that down.
	1. Thank Jesus for choosing you to be in that role. (*E.g. Thank you that I am a branch…)*
	2. Talk to God about any concerns you have about that (*E.g. Father, I don’t always find it easy to remain in you; I wonder if….*). Write down any responses God may be giving you.
3. We are commanded to remain in Jesus; this kind of remaining WILL lead to the fruit of the Spirit being produced in our lives. (Gal. 5:22, 23). Since we are NOT saved by our works/obedience, how do remaining and obedience go together? (For example, picture or talk about different scenarios in your life that would have been different had you lived/acted from that place of utter peace and confidence, *remaining* in Him.)
4. What practical steps can you take to help you remain? Asking the Spirit to lead you, write a prayer of commitment for the week. Who can you share “the results” with next week?
5. Thank God for what he has done. Spend a few more minutes just being still with Him.