

Be Still and Know that I Am God – Healing Our Image of God
Quiet Reflection and Journaling ☩ October 11, 2025



During this time of quiet reflection, we're asking two basic questions: What do I want to ask of the Lord, and what does He want to say to me at this time? We then wait, listening for His response. ☩ Let these questions guide your reflections and help you identify the things you want to process with the Lord. Take time to quiet your mind. Ask the Lord to help you hear what He is saying, and to give you freedom to pour out whatever is on your heart. ☩ The value of this journaling time is that we can open the door to these subtopics, and along the way, highlight what we want to revisit in the days to come. These questions are drawn from our topic and the scriptures included on this page.

Psalm 46

¹ God is our refuge and strength, always ready to help in times of trouble.

² So we will not fear when earthquakes come and the mountains crumble into the sea. ³ Let the oceans roar and foam. Let the mountains tremble as the waters surge! ⁴ A river brings joy to the city of our God, the sacred home of the Most High. ⁵ God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it. ⁶ The nations are in chaos, and their kingdoms crumble! God's voice thunders, and the earth melts! ⁷ The Lord of Heaven's Armies is here among us; the God of Israel is our fortress. ⁸ Come, see the glorious works of the Lord: See how he brings destruction upon the world. ⁹ He causes wars to end throughout the earth. He breaks the bow and snaps the spear; he burns the shields with fire. ¹⁰ "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." ¹¹ The Lord of Heaven's Armies is here among us; the God of Israel is our fortress. {NLT}

1. Ask the Lord to show you a time He was your refuge and strength, a very present help in trouble? (Psalm 46:1)
2. Take time to thank Him for this time of being with you- what do you sense He wants to say back to you?
3. How do you sense the Lord inviting you now to know Him as your refuge and strength a very present help in trouble?
4. What word or phrase from Psalm 46 speaks to you?

