



7 Day Practice in Being  
*Still* with *God*

*W*ith myriad distractions, we can all agree it's hard to be still with God. Yet being still with Him is exactly what He desires of His children.

The time we take to sit with Him in His Word, and with other believers, has eternal benefits not only for us but also for those in our prayers. However, the most important thing about being still before

God is that it brings glory to Him.

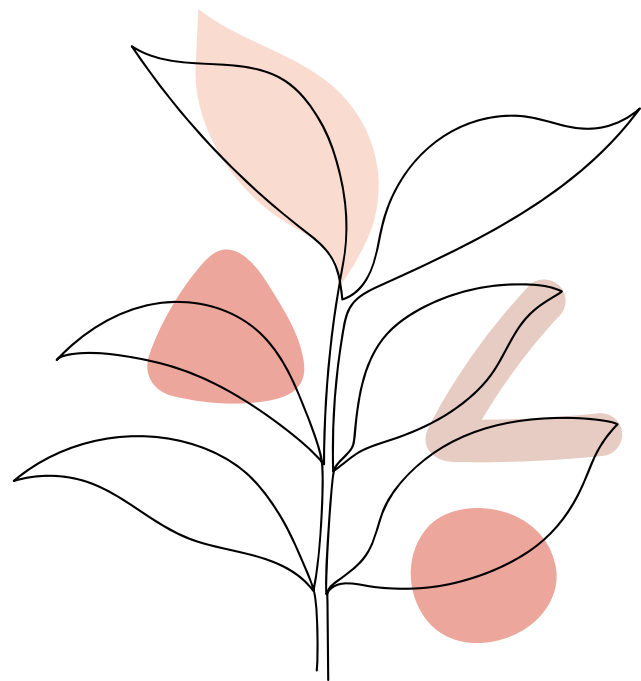
Being still with God is a command, yet it is an active stillness. Being still before God means not talking. Instead, it means listening, observing, and then responding according to His will. We will have a seven-day study looking at how we can be still before God and bring Him glory.

## *Let's Pray*

*Lord God,*

*As we begin this study of Your Word to learn how to be still before You, we ask You to bless us with an understanding of Your Word, insight into it, and wisdom from it so we may be conformed more and more into the image of our Savior and Lord, Jesus Christ.*

*In His name we pray,  
Amen.*





# Day 1

## *Being Still with God in Our Bible Study Time*



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

*(Psalm 46:10)*

*A*s we read God’s Word, we must bear in mind the Bible contains much history — the history of the world as God has made it and also His redemptive history which all points toward Jesus Christ, the Messiah. Psalm 46, in its historical context, commemorates the Lord’s deliverance of Jerusalem from Assyria. The Lord God justified His purpose and His might in the eyes of the nations. And He continues to do so today.

### **Questions**

1. When was the last time you were still before the Lord?
2. As an exercise, remove any distractions from your sight and hearing as you open God’s Word. Journal about how much closer you felt to the Lord without a device or other persons removing your focus on God and His Word.

## *Let’s Pray*

*Father,*

*Thank You for Your Word. Thank You for Your Spirit within us to help us understand and grow closer to You as we read it and study it. Help us, Father, commit to daily alone time with You. For Your great name we pray.*

*Amen.*



## Day 2

# *Being Still with God in Times of Prayer*



*“The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus”*

*(Philippians 4:5b-7).*

The Bible was not originally written with chapters, headings, and verses, and the flow of the passages sometimes suffers because of that. This verse is often quoted without its full context, and it causes us to miss an important truth. Verse 5 ends with, “The Lord is at hand.” Knowing He is always with us comforts us even more as we read this verse to quell anxiety. It helps us be still before Him and hear what He has to say.

The other portion of this passage that strikes us is to pray with thanksgiving as

we are making our requests to God. When we thank God for His provision even in our trials, it brings a whole new outlook as He fills us with His peace.

### **Questions**

1. Have you ever prayed through Scripture? Pray through Psalm 139 and note your thoughts in your journal.
2. Why do you think the peace of God surpasses all understanding? (Hint: it’s spiritual understanding vs. worldly understanding.)

## *Let’s Pray*

*Father,*

*Thank You for never leaving me nor forsaking me. Thank You for the daily quiet time before You in prayer and the knowledge You hear and act in me through my prayers. As I sit still before You, soften my heart and quicken my spirit to glorify You in my prayers.*

*In Jesus’ name we pray,*

*Amen.*



## Day 3

# *Being Still with God in Worship*



*“But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship Him”*

*(John 4:23).*

*A*s Christians, we are the true worshipers of God, for He has called us to Him through His Son, the Lord Jesus Christ (John 6:44). No matter where we are or what we are doing, we worship Him by our thoughts and actions. Worship him in praise and even singing at your place of work, at home, on your devices, in your vehicle, and of course with the church (Colossians 3:23-24). God always gives us a means to be still before Him even as

we go about our daily chores. Remember, God is omnipresent; there is nowhere He is not present.

### **Questions**

1. What does the Bible tell us it means to worship the Lord in spirit and in truth?
2. How can you minimize distractions as you worship the Lord in stillness before Him?

## *Let's Pray*

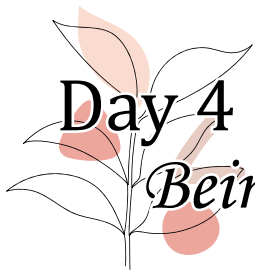
*Father,*

*As I worship with Your people the world over, and as the awe of You brings me to be still before You, may my praises bring you joy and magnify Your name.*

*In Christ's name we pray,*

*Amen.*





## Day 4

# *Being Still with God as You Listen to the Sermon*



*“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near”*

*(Hebrews 10:24-25).*

*A*s we come together to listen to our pastor and other teachers, we prepare for our time with the Lord by quiet reflection before service — even the night before and in the morning before we head to the church building.

As we listen to the pastor’s message, take it as a message from the Lord, for what your pastor preaches is from God’s Word

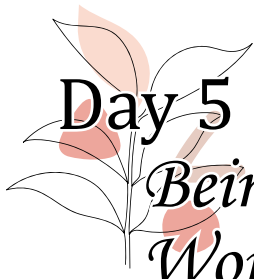
to us. Listen with an active stillness as before the Lord.

### **Questions**

1. Why do you think it’s important to be still with God before you go to your church service?
2. How can you change your weekend routine to enable more stillness before the Lord?

## *Let’s Pray*

*Father,  
Help me be still to prepare for what You will reveal to me as I gather with Your church.  
Amen.*



## Day 5

# *Being Still with God as You Remember the Worldwide Church*



*“And I tell you, you are Peter, and on this rock I will build My church, and the gates of hell shall not prevail against it”*

*(Matthew 16:18).*

*J*esus told Peter his confession of Jesus as the Christ, the Son of the living God (the Cornerstone), is the rock on which He is building His church. Jesus is still building His church, and as we come before the Lord with quiet hearts and a still, patient longing to hear from Him through His Word, we remember we are but part of the worldwide church.

### **Exercise**

Take some quiet time to read a few narratives about what the Lord is doing to build His church throughout the world. No matter how persecuted, the church thrives.

## *Let's Pray*

*Lord,*

*As I come before You in silence, I pray You will bring to my mind the people who are serving You throughout the world.*

*Amen.*



## Day 6

# *Being Still with God as You Remember What Christ Has Done for You*



*"We love because He first loved us"*

*(1 John 4:19).*

**B**ecause of Christ; because of what He has done, we live. Because of His mercy, grace, and love, we have life eternal with him in heaven.

### **Exercise**

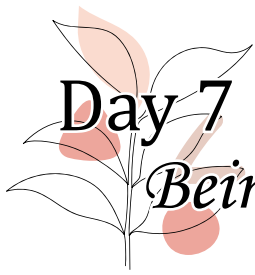
When did you last speak the Gospel to yourself? Take some quiet time and re-

member what Christ has done for you. In your stillness, free of distractions, you will love Him more. To help you reflect, read John 17-21 to refresh your memory about His final days on earth and His glorious resurrection.

## *Let's Pray*

*Lord Jesus,  
You are my Savior and Lord. Accept my humble stillness before You as worship,  
for You alone are worthy.  
In Jesus' Name,  
Amen.*





## Day 7

# *Being Still with God in Times of Anxiety*



*“Be still before the LORD and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!”*

*(Psalm 37:7)*

**F**or us, times of dramatic change and adversity can cause us to lose heart. We are to be still and recognize God as our fortress and shield from all enemies, both physical and spiritual. You tell us not to fret, for as we wait for You, we know You

will act for your glory and on our behalf. And we tell others of His greatness so He gets the glory.

### **Question**

1. How do you think being still before God quiets our souls?

## *Let's Pray*

*Father,*

*Thank You for saving me and sanctifying me. I choose to trust You, the only One who can quiet my soul.*

*In the name of Jesus we pray,*

*Amen.*

*Being still with God is not easy. It takes a determination to remove all distractions as we quiet ourselves and focus on the Lord. And while hard, it is so worth the effort, for God is pleased when His people come before Him with Bibles open and hearts ready to receive His loving instruction and peace. I pray your stillness before God brings you great joy and peace. May His presence complete your joy (Philippians 2:1-2).*

*Lisa Loraine Baker is the multiple award-winning author of *Someplace to be Somebody*. She writes fiction and nonfiction. In addition to writing for the Salem Web Network, Lisa serves as a Word Weavers' mentor and is part of a critique group. Lisa and her husband, Stephen, a pastor, live in a small Ohio village with their crazy cat, Lewis. Photo credits: Unsplash/Mishal Ibrahim, ©Getty Images/Oksanita*

