

STILL

SERMON NOTES

Todd Arnett

January 6, 2019

Though the Earth Give Way

You can be “still” in the midst of your fears because it is Almighty God who is directing you to do so

1. God invites you to find your refuge in Him

Psalm 46

The Hebrew word translated as “still” in Psalm 46 literally means “to sink or relax”

When your world is falling apart – that’s when you are given the directive, the imperative verb to be “still”

2. Fear and Anxiety tend to rob us of our peace and our present

Hebrews 2:1-2

*God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.*

*Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as He did, this sinful world
as it is, not as I would have it;
trusting that He will make all things right
if I surrender to His Will;
that I may be reasonably happy in this life
and supremely happy with Him forever in the next.
Amen.*

Reinhold Niebuhr (1892-1971)

3. You avert anxiety through prayer, thankfulness, and God's promise of peace

Philippians 4:6-7

Pray more than you worry

Now What?

You can be “still” in the midst of your fears because it is Almighty God who is directing you to do so

STILL

HOME GROUP NOTES

Week of January 6, 2019

We meet weekly in homes do life in Christ together. This includes discussing the truth about God and how we can trust in Him together. If you would like to be in a Home Group, apply at our website at www.trinityonline.org.



Share It

Get to know one another

When you were a kid, who gave you a sense of peace when you were with them?



Study the Word

Learning to know God from the Bible

When we read God's words (the Bible), we are listening to God. Read through Psalm 46. What does it say about the character and attributes of God? ... about His works or actions?

What promises are given to us? How are these connected with His character?

If to "Be still" (v. 10) means to 'lean upon God', where else might we be leaning? What might it look like to 'put our weight' upon God?



Discuss Together

Discuss how God can change our lives

What situations in your life bring out fear, anxiety, worry, or panic? What happens?

How is thinking about the future often connected to anxiety?

How does it help to know God and that He "with us"? (v.11)

Read Philippians 4:6-7 together. What does Paul say to do in order for peace to overrule anxiety? How can we encourage and practice this together?



Time to Pray

Praying with and for one another helps us trust in God together. Please pray . . .

- For our global partners
- For us to be people who lean upon God
- For the people in our world who have yet to know God's peace
- As we invite friends to the men's event on February 2



Apply It This Week

A challenge to apply what we are learning

Declare this a week to 'lean upon God' with thanksgiving.