



## BE STILL AND KNOW THAT I AM GOD!

# What Does This Mean?

By Jean McCain

Suffering is the crucible in which our faith is refined and strengthened. All suffering of any kind — physical, emotional, mental, spiritual, social, financial, our own, or that of a loved one — is a battleground on which Satan seeks to destroy our faith and trust in our Lord Jesus, while Christ is strengthening our faith and teaching us to fear, love, and trust in God above all things. (See “Section I, The Ten Commandments, The First Commandment” of *The Small Catechism: LSB*, page 321; *LW*, page 301.)

### Read Together

*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 minds in Christ Jesus (Philippians 4:5b–8)\**

### Opening Prayer

Dear heavenly Father, I want to be able to “be still” and trust You: to make good come from the evil of my suffering; to put an end to my suffering when and if it is Your will; to help me be like St. Paul and accept my suffering because Your “grace is sufficient for me”; to help me understand what I must do. But the devil, the world, and my own sinful flesh make this so difficult that I almost

sink into despair when my suffering overwhelms me. Give me strength to “fear, love, and trust” in You above all things at all times in all circumstances. Lord, I believe; help my unbelief. In Jesus’ name I trust and pray. Amen.

**Psalm 46:10** tells us to *Be still and know that I am God.*

What is it God wants us to know or to recognize about Him?

**Matthew 28:19** \_\_\_\_\_

**John 3:16** \_\_\_\_\_

**Romans 3:20–24** \_\_\_\_\_

**Titus 3:4–7** \_\_\_\_\_

**1 John 3:1–2** \_\_\_\_\_

**Isaiah 43:1** \_\_\_\_\_

When we are baptized we become God's own dear children, but we can only grow to know Him and to develop a personal relationship with Him through His Word. How does God work through His Word to teach us about Himself?

John 1:1–4, 14–18 \_\_\_\_\_

John 14:25–26 \_\_\_\_\_

John 16:13–15 \_\_\_\_\_

Romans 8:26–27 \_\_\_\_\_

What are some characteristics of the relationship we have with our Lord?

John 14:18–21 \_\_\_\_\_

Galatians 2:20 \_\_\_\_\_

Romans 8:15–16 \_\_\_\_\_

Psalms 139:1–6, 14–16 \_\_\_\_\_

God — our Creator, Redeemer, and Sanctifier who is Righteous and Merciful, All-knowing and All-powerful — allows us to call Him *Father!* Christ — God's Son, who loved us so much that He died for us on the cross and rose from the dead to assure us of our reconciliation with our heavenly Father — allows us to call Him *Our Brother!* What, now, does GOD expect of us?

Matthew 10:37–38 \_\_\_\_\_

Matthew 22:37–38 \_\_\_\_\_

Deuteronomy 6:5–8 \_\_\_\_\_

What are some promises God gives to us that reveal His deep love for us and that sustain us during times of suffering or temptation? (See "Evening Prayer" of *The Small Catechism: LSB*, page 327; *LW*, page 305; *TLH*, page 118.)

Isaiah 43:2–3a \_\_\_\_\_

Psalms 37:5 \_\_\_\_\_

Joshua 1:9 \_\_\_\_\_

Psalms 46:1–3 \_\_\_\_\_

How does God use suffering in our lives?

Hebrews 12:5–11 \_\_\_\_\_

1 Peter 5:6–7 \_\_\_\_\_

Psalms 119:67, 75 \_\_\_\_\_

Romans 5:3–5 \_\_\_\_\_

God's relationship with us is very personal and individual. Only because He first loved us can we love Him (1 John 4:9). He promises that *all things work together for good for those who love God* (Romans 8:28).

Why, then, do we find it so difficult to be still and know that God is at work in our lives, when suffering of various kinds and degrees enters our lives?

1 Peter 5:8 \_\_\_\_\_

Ephesians 6:10–12 \_\_\_\_\_

What can we do to overcome sinful worry and harmful anxiety when we face the problems and temptations that can result from suffering?

Psalms 86:7 \_\_\_\_\_

1 Corinthians 10:13 \_\_\_\_\_

Proverbs 2:1–3; 5–6 \_\_\_\_\_

### Conclusion

Neither personal feelings of fear, frustration, and futility nor reliance on personal expectations, public opinion, or human reason can provide a foundation on which to stand and fight the temptations we face in suffering. Only prayer and the Holy Spirit working through God's Word can and will provide the solid ground on which we stand with Christ as He, time and time again, brings blessing from the suffering we endure while we are here on earth.

### Closing Prayer (based on Psalms 139:17–18, 23–24)

Leader: How precious to me are your thoughts, O God!

**Group: How vast is the sum of them!**

Leader: If I could count them,

**Group: they are more than the sand.**

Leader: Search me, O God, and know my heart!

**Group: Try me and know my thoughts!**

Leader: And see if there be any grievous way in me,

**All: and lead me in the way everlasting! Amen.**

Closing Hymn: "My Hope is Built on Nothing Less" (*LSB* #575; *LW* #368; *TLH* #370)

\*All Scripture verses are taken from ESV unless otherwise indicated.

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