



Be Still & Know

Psalm 46:10



Christian Women's Corner
7-Day Scripture Memory Journal

Welcome

This 7-day scripture memory journal was created to complement our blog post [Be Still And Know](#). Journaling is a great way to help you digest what you're learning through the written word.

Commit Psalms 46:10 to memory using the following pages. Practice writing and speaking this verse out loud until you have the words secured in your mind and heart that God is the God of your still place, and knowing Him can be found in that stillness. Answer the guided questions provided to help you reflect on His promise to you.

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Alicia Bowyer

Be Still And Know

Have you ever thought about being still, really still, and what you can learn at that moment? Most haven't because we are people used to movement and activity. We don't even connect the two things because stillness to most means doing nothing. But that is so far from the true meaning of the word.

Just saying the word "still" makes you feel calm and peaceful. There is a verse in the Bible that is a beautiful promise of knowing God when stillness comes. He says...

"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 (NIV)

The word stillness invokes sensing of a gentle breeze brushing against your face or the act of not moving. But is this what the word really means in this verse? I want to show you that this word is more profound than you know.

Stillness is something we all need, but we find it hard to achieve because life is full of movement. Still is a verb in this verse, and we know verbs mean action, doing something, which means movement.

The word "still" is the Hebrew word raphah. It means to sink down, relax, let go, let drop, lose your grip, slackening your grip. So, this word means you are to do something. Do what? You are to let go of your situations and circumstances, loosen your grip on them, relax, and let your guard down. More importantly, it also means letting go of the outcomes too!

Being still is not passive. Being still is where you know God personally. The Bible says this is the way to know Him. It means you come to Him with all your stuff, and you set it at His feet. You are to let go of your grip on your marriage, kids, career, finances, etc. You are to relax your grip on your life issues. Let go mentally of putting your mind on things and the outcomes of those situations.

In this verse, God is saying, if you want to know Him as God, let go (or be still) of all you know. Then, in that stillness, you will “know” Him as God, as you have never known before. Being still teaches you to surrender. It also teaches you that God can be known. To know Him as your God, you must let go of your life. Trust the outcome He has for you and live in that.

As you surrender yourself and all your problems to Him, you get to know the God that can handle all of that. That will increase your trust in Him as you walk in this discipline.

To be still and know God is such a blessing.

Memory Work & Journaling

Write Out & Say Psalms 46:10

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

How can I come to a place of stillness in my life?

Memory Work & Journaling

Write Out & Say Psalms 46:10

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

What situations/circumstances do I need to relax in, sink down in and let go of?

Memory Work & Journaling

Write Out & Say Psalms 46:10

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

What is hindering me from really letting go of control?

Memory Work & Journaling

Write Out & Say Psalms 46:10

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

What would my life look like if I took my mind off my problems?

Memory Work & Journaling

Write Out & Say Psalms 46:10

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

How would knowing God affect my everyday life?

Memory Work & Journaling

Write Out & Say Psalms 46:10

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

What is one way I can connect letting go to knowing God?

Memory Work & Journaling

Write Out & Say Psalms 46:10

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

How does memorizing this verse impact your heart?

Congratulations!

You completed the 7-day scripture memory journal!

Our hope is that you will be able to recall the biblical truth of Psalms 46:10 whenever you need it. Memorizing Gods word will never return void. Hold this verse close to your heart.



Join Our Facebook Group For Friendly Accountability And Community



The Christian Women's Corner private Facebook group was created with you in mind. CWC's goal is to provide and facilitate encouragement, accountability, and community for Christian women.

The CWC private Facebook group includes both Christian Women's Corner and Good Morning Girls resources.

What is Good Morning Girls?

Good Morning Girls meets online daily to keep each other accountable in God's word and in prayer as we read through the Bible cover to cover just one chapter a day.

We're excited and hope you will join our private Facebook group to start reading the word of God daily and have the accountability to keep up this habit and read through the entire Bible with us.

To find out more about the Christian Women's Corner Facebook group, please click the green button below.

CLICK HERE

About The Author



Alicia Bowyer created Christian Women's Corner after talking to a good friend one day. They discussed how hard it was to keep up with daily prayer, Bible reading, and telling others about Jesus who didn't share their faith. She knew that some might not struggle with these three things, but many do.

She wanted to take the knowledge that she gained from over 40 years on her Christian walk and help others.

Alicia lives in Barrie, Ontario, Canada, with her family, whom she loves dearly.

To find out more, visit: www.ChristianWomensCorner.com