

## Be Still: The Discipline of Silence

Psalm 46

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Tuesday Morning Men's Bible Study

Park Cities Presbyterian Church

November 28, 2017

**Psa. 46:0** To the choirmaster. Of the Sons of Korah. According to Alamo. A Song.

**Psa. 46:1** God is our refuge and strength,  
a very present help in trouble.  
**2** Therefore we will not fear though the earth gives way,  
though the mountains be moved into the heart of the sea,  
**3** though its waters roar and foam,  
though the mountains tremble at its swelling. *Selah*

**Psa. 46:4** There is a river whose streams make glad the city of God,  
the holy habitation of the Most High.  
**5** God is in the midst of her; she shall not be moved;  
God will help her when morning dawns.  
**6** The nations rage, the kingdoms totter;  
he utters his voice, the earth melts.  
**7** The Lord of hosts is with us;  
the God of Jacob is our fortress. *Selah*

**Psa. 46:8** Come, behold the works of the Lord,  
how he has brought desolations on the earth.  
**9** He makes wars cease to the end of the earth;  
he breaks the bow and shatters the spear;  
he burns the chariots with fire.  
**10** "Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!"  
**11** The Lord of hosts is with us;  
the God of Jacob is our fortress. *Selah*

### Table Discussion Questions:

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1. What does being busy (work, calendar, email, etc.) have to do with control? Is being busy a virtue or a vice?
2. When is the last time you were truly silent? (No music, no radio, no phone, no computer, no books) Is silence something you welcome or something you avoid?
3. What does creation teach us about the character of God? How does God's lordship over nature inform our understanding of His lordship over us?
4. How does our future hope in the City of God change the way we live in our present city? Where do you see God at work in the city of Dallas?
5. What does stillness have to do with knowing God? What does our prayer life look like if we do not "stop and listen"?
6. Why is silence alone not enough? What does it mean to listen to God?

### Challenge: Cultivating Silence

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- Set aside a few minutes of silence each day to be still before God. Consider silence as a part of your daily prayer life.
- Find one hour this week to be completely silent before God. Take a lunch break or find some time this weekend. Fast from all noise and any outside input other than the Bible. (No music, no podcasts, no sermons, no books, no phone, no email, no computer, no talking)
- Find one weekend this year to be completely still and silent before God. Consider going on one of the PCPC Silent Retreats in 2018.