**Discussion Questions**

**“Be Still and Know”**

**April 19, 2020**

* Psalm 46:1 describes our God as “our refuge and strength, an ever-present help in trouble”. Name a specific time in your life when God was your personal refuge, strength or ever-present help.
* What issues are occurring in your life that you need to seek refuge from? Or need strength to overcome?
* Are there times in your life when you find yourself “so busy” that you become less aware of God?
* In the 4/19 on-line sermon Phil encouraged us to take Psalm 46:10 to heart and practice “being still” and “knowing” that he is God. What steps will you take this week to “be still” so that God can be more “known” in your life?