



The Be Series Part 1 | August 31/Sept. 1

Psalm 46

These study guides are designed for individual or group study but highly encouraged to be experienced in community with a small group or other friends on the journey with Jesus.

The Be Series: This week is the first of a three part series we will have the joys of returning to, two additional times this fall. Christ Church's Student ministry team is working in partnership with Fuller Seminary to research and implement the re-inventing of ancient spiritual practices in a way that engages students and families in a healthier understanding of their identity, belonging and purpose. Towards this end this series has been developed with a special focus on spiritual practices that can help us experience sabbath rest.

Center: Recreate our centering prayer moment from this past Sunday's service to help you as a small group or individually more deeply experience God's presence by simply being still.

- Read out loud each part of this verse then sit in silence for 30 seconds after each line.

Be still and know that I am God

Be still and know that I am

Be still and know

Be still

Be

- Journal or share how doing an experience like this affects you?
- How could you incorporate similar experiences throughout the everyday moments of your life?
- If this type of experience makes you uncomfortable, take some time to reflect on what is it specifically that makes you feel this way? Share or journal what you discover.



Read: Psalm 46

We live in a culture that has convinced us that we are only as valuable as the things that we have done. In order to keep up we have accepted a perpetual rhythm of doing. The psalmist realizes that he cannot keep up, and instead he trusts that God will carry the load for him. In the face of challenge, he watches for God.

- What parallels do you see between this verse and our current culture?
- What would it look like for you to “Be Still”?
- Where in your life do you feel pressure to “do”?
- What would it look like to trust God in those places?

Family Practice of the Week: Get a *Be Box*.

- If you have family members in high school or below, these boxes are intended to place all the necessary tools into your hands as parents to engage in interactive conversations of faith in your home. The Be Boxes are provided for a \$10 donation in the commons and the atrium. In the box you will find: Family Devotional Prompts, Rest Deck of cards, Centering Prayer Cube, Worship DVD, Coloring Sheet and of course stickers because stickers are cool.

Additional Resources: Slowing to Hear Retreat • September 21

- From a Slowing To Hear participant, "It was such a gift to me personally to have that time set aside to just BE with God. I was honestly disappointed when...our time of silence had come to an end. I will definitely use my own experience to encourage others to go to the next one." Register at ChristChurch.us/slowng.

We'd love to hear from you!

If you have thoughts, questions, comments, ideas on how to make these study guides more meaningful for you or your small group, please let us know.

We also enjoy hearing how God is using these study guides in your lives.

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