

Grace Guide



SEPTEMBER 8-14

“Be Still And Know” **Stillness Is Trusting God**

MONDAY
9/8

EXODUS 14:5-14

When the Israelites stood at the Red Sea with Pharaoh’s army behind them, fear gripped their hearts. Moses reminded them that God himself would fight on their behalf. Their job was not to strategize or panic, but to trust and be still. Trusting God does not mean doing nothing, it means resting in the confidence that God is present, powerful, and faithful to act in your current circumstances. In moments when we face what looks like an impossible situation, being still in trust is an act of surrender that opens us to see God’s deliverance.

1. How do you (or how can you) practice “being still” when you feel surrounded by pressure or fear?
2. Where have you seen God move and act when you trusted him in your past? How does that give you confidence in God today?

TUESDAY
9/9

ISAIAH 40:1-10

Through the prophet, God reassures his people that they are never alone, even when they feel weak or overwhelmed. We are not challenged to summon our own strength or our own resolve, but to rest in God's presence and power. Being still means trusting God, choosing to believe that God's hand is strong enough to uphold us when our own grip is failing. Fear loses its grip on us when we shift our focus from our circumstances to God's unfailing presence and sustaining strength.

1. What would it look like in your life to let go of self-reliance, and fully and completely trust God?
2. Where in your life do you experience God saying, "Do not fear for I am with you"?

WEDNESDAY
9/10

MATTHEW 6:25-34

Jesus challenges us to move away from worry and move into trust, reminding us of our great value in the eyes of the Father. Being still before God means releasing anxious control and resting in the truth that God cares deeply for us and provides for our needs. Worry drains us, but trust frees us to live in the peace of God's provision. Choosing trust over worry is not easy, it is a daily act of faith in the God who values us more than the birds of the air that he faithfully sustains.

1. How does remembering your value to God impact the way you respond to anxiety?
2. What is one specific worry you need to entrust to God today?

THURSDAY

9/11

1 PETER 5:6-9

Peter invites believers to hand over their burdens to God, not because life is light or easy, but because God's care is constant and personal. To cast our cares on God is to actively release what we cannot carry on our own, trusting that God's love is both strong enough and tender enough to hold what weighs us down. Being still in trust means loosening our grip on anxiety and taking hold of God's unshakable care.

1. How have you experienced in your own life that God cares for you?
2. Why do you think the Bible speaks so much about not letting anxiety control us?

FRIDAY

9/12

PSALM 62

I like that this Psalm has this repeating chorus (verses 1-2, 5-6) that I sometimes repeat at the very end of the Psalm when I'm reading it. David shares the truth that our souls most need: rest is found in God alone. We are tempted to place our confidence in success, people, or circumstances, but true stability comes only from God, who is a fortress that cannot be shaken. Being still means reminding our own souls where real hope and rest are found, and choosing to live from that secure foundation rather than from fear or striving.

1. Where are you sometimes tempted to look for rest or security apart from God?
2. What difference would it make in your daily life if you truly lived as if you "will not be shaken"?

**SATURDAY/
SUNDAY
9/13-14**

**PSALM 46:10
MARK 4:35-39**

The same God who commands the world to be still in his presence is the one who calms storms with a word. Psalm 46 calls us to stop striving and recognize that God is in control, while Mark shows Jesus embodying that authority over the chaos of a violent storm outside and the turbulent fear within the disciples. Being still is not passive—it is a declaration of faith that the one who speaks peace to creation also speaks peace into our anxious hearts.

1. How do you connect these two commands to be still in your own life?
2. What storms in your own life do you need to depend on God to bring stillness – either to the storm or to your heart?

VERSE OF THE WEEK

**“[God] 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)