

**Sunday 12<sup>th</sup> January**  
**Be Still And Know**  
**Lifegroup Notes**

**Welcome** - What noise sends a shiver down your spine?

**Discussion** - Which service were you at on Sunday?  
What do you feel God is saying to you personally as a result what you heard?

**Word** - Read Psalm 46:1-3  
What things (big or small, exciting or testing) are you facing right now in your life?  
Do you hear God in them? What do you think God is saying to you?

**Worship** - Read Psalm 46:4-5  
At the top of a sheet of paper write God. Under this write some of the things you are facing in your life. When finished give thanks together that God is above ALL of these things and He is always there for us.

**Word** - Read Psalm 46:10  
What do you think "Be still, and know that I am God" means?

This will lead into a time of prayer. Explain that we are going to spend some time being still as a group before God. We will start the time with prayer centring on Him and asking Him to speak into our lives and situations. Either put some worship music on or experience complete silence. Spend time together waiting on God and allowing the peace of God to be present in your group.

After a decided period of time pray again and ask if anyone has heard anything in the silence or if anyone has any words they would like to share with the group.

**Works** - What do you think God may want to do in your week? What do you think God may want to do through you this week? Share and pray this through with the group.

