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# BEING STILL

## PSALM 46:10

“Be still and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.”

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# OUTLINE

- Introduction
  - Lesson 1: We Need to Be Still When We are TROUBLED
  - Lesson 2: We Need to Be Still When We are OVERWHELMED
  - Lesson 3: We Need to Be Still When We are DESPERATE
  - Conclusion
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- Invitation

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# BE STILL...WHEN TROUBLED

## ARE YOU WORRIED, AGITATED, OR UPSET?

- **2 Corinthians 4:8-** Trouble will happen but we need not let it negatively impact us.  
**John 14:1; 18**
  - **Psalm 3:1-6-**We might feel “outnumbered,” but we need not lose heart. **2 Thessalonians 1:7**
  - **Luke 10:41-** Life is full of cares and responsibilities, but we must keep our priorities.  
**2 Chronicles 15:4**
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# BE STILL...WHEN OVERWHELMED

## DO YOU FEEL LIKE LIFE IS "FLOODING" YOU OUT?

- **Jeremiah 1:6-** We can feel overwhelmed for time. **Matthew 10:19; Luke 21:15**
  - **Luke 1:29-34-**We might feel overwhelmed because of responsibility.
  - When we feel overwhelmed, think like Peter. **Matthew 14:30**
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- **James 1:2-4-** We must see trials as God does. **2 Peter 1:6**

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# BE STILL...WHEN AT THE POINT OF DESPERATION

## WHAT IS A CHRISTIAN TO DO WHEN HOPELESSNESS SETS IN?

- **Numbers 9:8-** Moses did not “solve” the issue by himself.
  - **1 Samuel 9:27-** Samuel did not “take it upon” himself.
  - **Job 37:14-** How can we show God the proper reverence?
  - **Psalms 46:10-** Do not lose confidence in God. Do not try to “work out” life’s problems by yourself.
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# CONCLUSION

**“Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.”**

**1 Corinthians 15:58**

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# INVITATION

**“Repent therefore of this thy wickedness, and pray  
God if perhaps the thought of thine heart may be  
forgiven thee.”**

**Acts 8:22**

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