

DEEPLY DEFINED

Opening Engagement

MAIN IDEA:

The different meanings of “Be Still” show that God is always in control. Knowing that, we can relax and put our hope in the Lord.

PRE-READING:

Members should read chapters 26-30 before group time.

Opening Engagement:

When you are dealing with stress or worry, is it hard for your mind to be still? What about your body? Your emotions? Explain your answer. How is true stillness is not limited to a physical attribute?

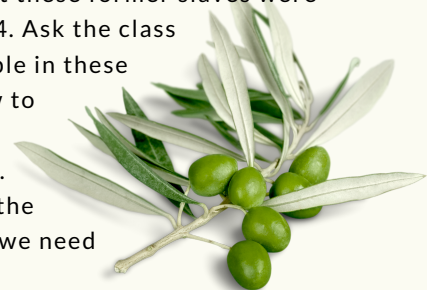
When the Bible says “Be Still” it can mean a physical action (Exodus 14 the people didn’t have to flee; the waves in Mark 4:39 calmed immediately) but it also is very much talking about an emotional and spiritual concept. Being still is rooted in faith, trust, and in peace that the Lord is in control. The more intimately we know Christ, the easier it is for stillness to rule in our minds, hearts, and actions. When we learn stillness, we find a hope that is only found in the Lord. It is unwavering, always dependable, when tied to Christ, gives confidence and peace.

Discuss

Open your Bibles to Psalm 37:1-7 and read it aloud. On one side of a white board, have the class point out and write down what each sentence says we are to do. On the other side of the board, write down the outcome of following each command. Point out in verse 7 the word used for “Be still” is *damam*, and means “to be or grow silent or still”. This is talking about a restful, confident stillness. What does David chase the idea of stillness with in verse 7? (Patience). Discuss how it can be difficult to be patient when we are also trying to be still.

Flip to Psalm 46:10. Remind your group that “be still” in this verse comes from the Hebrew word *raphah* (“raw-faw”) and means to sink or relax, to cease fighting. Have everyone in your group make fists, like they are going to fight, and make sure they hold those dukes up! Now, release and open your hands like you are about to receive something. THIS is the Hebraic picture of *raphah*. It is going from a stance of fighting to a stance of relaxing. And look, now that you aren’t holding on to those worries, you are in a posture of worship!!! That is perfect, because ask the class what comes next in that sentence (“and know” is next, and means to experience the Lord). Ask, How does letting go of our worries help us worship God more freely?

Turn to Exodus 14 and read verses 5-12. Discuss what these former slaves were probably feeling at this point. Now, read verses 13-14. Ask the class to point out the three directives Moses gave the people in these verses. Point out the first thing he told them was how to feel. Discuss why Moses might have done that. This “Be still” means to cut in, or scratch a line in the sand. The Israelites needed to dig their heels in and watch the Lord take control. Are there times in our lives where we need to do the same? Discuss.



Session 6
Be Still, Hope, &
Remember

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The last “be still” we will focus on is found in Mark 4:35-41. Read it, then point out this “be still” means to muzzle or silence. Ask, How is this a good example of what Jesus can do with our fears?

Because Jesus calms our fears, he is our hope. Discuss how we apply this idea in our lives every day. Jeremiah 29:11 tells us the Lord gives us hope and a future, but the first time in the bible we see the word hope is in Joshua 2. Read Joshua 2:1-21. Remind the group that the word for cord is the word tiqvah, which is also the word for hope used in Jeremiah 29:11. Discuss how that red cord was a literal and metaphorical hope for Rahab and her family. Ask, where do we see Rahab again in the Bible? How is this a picture of hope for us?

The last chapter of Deeply Defined is entitled “Remember”. Ask the group, do you remember what the biblical culture meant when it said to remember? Discuss. Turn to Psalm 105:1-8. On a white board, ask the group to list off what we are to remember in these verses, and list all nine. Depending on your time, go through each one and discuss how each one of these things can be accomplished.

Wraps It Up

(You may want to pick and choose from the lesson if you’d like to leave more room for discussion at the end to wrap up the study. If your group is highly talkative, I’d suggest a solid 15 minutes here to close out the study.) Ask the group, what things from this study do you want to “remember” in your life? Discuss how you can encourage the group to remember they are Deeply Defined by the God of the Universe. Urge them to remember the holiness of God, and the holy calling each of you have received. Encourage the group to remember confession and repentance. Positive fear. That they are redeemed. That living in grace brings joy. That they are a child of the king.

Help your group remember...
it is God who made them.
God who is for them.
And that it is God who Deeply Defines their souls.

Closing Prayer

Help us to always be Deeply Defined by you oh Lord. Help us find the stillness in your forgiveness, your mercy, and in your gentle, loving kindness. Help us to be holy as you are holy, to live lives of costly grace, and live in wisdom that brings joy and peace. Thank you for this group who loves you and seeks your face. Walk with us daily as we find definition and meaning in you alone.

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