



Parent Resources

Culture is teaching us that if the calendar isn't full, your notifications aren't driving you crazy, and your social media feed doesn't match your neighbors; then you're doing something wrong. The world has never been as GO, GO, GO as it is right now.

When culture tells us one thing, we must always look to what our Creator says:

Psalm 46:10 "He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'"

Exodus 14:13-14 "But Moses told the people, "Don't be afraid. Just stand still and watch the LORD rescue you today. The Egyptians you see today will never be seen again. The LORD will fight for you while you keep still."

Just was fully God and fully man. Yet, he still found time to rest and be still.

Mark 1:35 (ESV) And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

How did Jesus model being still for us in this passage? I believe he did three simple things.

Find a time.

Find the time that works best for you individually or together as a family.

Find a place.

Find a place and make that your habit of being still.

Find a purpose.

Find the purpose that God has for your lives.

Slow down. Be Still. Know God.

Questions:

How do you feel about the idea of being still? What is it that you like/dislike?

What are some ways you can practice silence/stillness as a family?

What do you think you could gain from making time in your daily life to be still?