

Family Talk– Refocus

READ TOGETHER

Psalm 46

1. Verse 1 says that God is always willing to help in troubled times. What's one way God has helped you in a difficult time?
2. Verse 10 says, "Be still, and know that I am God!..." When is the last time you slowed down and reflected on the majesty of God? When can you make time this week?
3. For more reading on pace and peace, read Luke 10:38-42, the story of Mary and Martha.

LIVE IT

All of us live very busy lives. It's so easy to get caught up in going and doing that we fail to stop and just enjoy the presence of God. Jesus says in Matthew 28:20, "...I am with you always..." which is a very comforting truth.

As a family, commit to memorizing Psalm 46:10. Meditate on the challenge of this verse to be still.

"Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world."

LEAN ON GOD

Dear God,

You are our refuge and strength, always willing to help in times of trouble. Thank You for loving us this way. Help us take time to just be with You. When we're tempted to set an unhealthy pace, slow us down so that we can see Your power, provision and peace. We love You.

In Jesus name,

Amen.

