



DWELLING RICHLY BIBLE STUDY

# Chill

RETHINKING REST & STRESS

*Lesson Four- Let go, let God*

*Be still, and know that I am God; I will be exalted  
among the nations, I will be exalted in the earth.*

*Psalm 46:10*





# ...Lesson Four Welcome...

*Let's get to know one another...*



Our previous lesson was from Psalm 145. Let's read that together. See page 70



"Hi, my name is, \_\_\_\_\_, my idea of a perfect girls' night out would be...



What verse or verses from Psalm 145 meant a lot to you?



Share about a time that God provided for you in an unexpected way



Share about a topic that gets you really passionate and excited to talk about.



How have you experienced or seen the truth of this verse in your own life: "You open your hand and satisfy the desires of every living thing." (Ps. 145:16)



## *Let's be friends!*

Take a minute to check in on Instagram or Facebook, share a photo of your group, tag a friend, and let others know you're at La Mirada Church with LMC Women

Join the weekday online study with Jennifer on Facebook, YouTube, or the Dwelling Richly podcast



# ...Notes...

## Psalm 145 - "I Am"

Psalm 145 is printed at the end of this lesson.  
Listen to the recording of each talk on the Dwelling Richly podcast.



# Lesson Four... Day One

Write & Memorize the Word

Psalm 46:10

## ...Dwell in the Word...

Welcome to Lesson Four in our Chill study where we will be rethinking stress and rest in our lives from a biblical point of view. Lesson One focused on the "C" in Chill - Come to God, Lesson Two "H" for Hide in Him, Lesson Three we came to God, our great "I Am", now over the next few days, we'll close by learning to let it all go in the hands of our great God. As we study through Psalm 46 and other scriptures.

- Read and write [Psalm 46](#) – There are pages at the end this lesson for you to write, or you can write in a journal of your own. Consider reading this Psalm from different translations each day. Psalm 46 is also printed for you at the end of this lesson.
- Write Psalm 46:10 on a note, or several notes, and place it in a spot where you'll see it every day this week. Try to memorize this verse. Why not ask a friend to memorize it with you? Accountability and community are great ways to help improve your memory!
- Write any thoughts below that come to you as you read. Do you relate to any feelings expressed?

## ...Thoughts about Psalm 46...

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# Lesson Four... Day Two

Write & Memorize the Word

Psalm 46:10

## ...Dwell in the Word...

Read [Psalm 46](#) from the New International Version.  
Use your own Bible or a Bible app to find this version.

1. **THINK:** What can you learn about this Psalm from the footnotes in your Bible? – Note: Footnotes are helpful information about unique words included in most Bible translations. Footnotes do not include commentary.

2. **DWELL:** “Selah” is repeated after each stanza in this Psalm. Look up the meaning of this word and write your thoughts on its meaning:

<https://www.youtube.com/watch?v=fcze7t4890A>

<https://www.crosswalk.com/faith/bible-study/what-does-selah-mean.html>

3. **NOTICE:** What words or phrases speak of community or a corporate invitation in this Psalm?

4. **APPLY:** Is your experience with God one that would lend itself to you boldly and publicly proclaiming what you’ve seen Him do? Why or why not?

# Lesson Four... Day Three

Write & Memorize the Word

Psalm 46:10

## ...Dwell in the Word...

1. **Draw** a sketch to represent the imagery from 46:1-3



2. **NOTICE:** What are three words or phrases the author uses to describe God in verse one?

\_\_\_\_\_

What does the author say then is our response (v. 2)?

3. **Note** the very confident and affirming tone in this Psalm. Write some examples here of the author's confidence:



4. **APPLY:** Often when I am most fearful, most worried, and doubting, my mind is more consumed with the possible bad outcomes than it is with confidence in God to deliver me. Do you relate to that? If you were to come alongside me or another friend in time of stress and fear, how might the words of Psalm 46 provide encouraging counsel?



# Lesson Four... Day Four

Write & Memorize the Word

Psalm 46:10

## ...Dwell in the Word...

1. **Compare** how the name of God is translated in Psalm 46:7 and 11 across several translations. Write the translation (NIV, ESV, CSB, etc.) and then the name of God. (Tip: Use Biblegateway.com or Biblehub.com or other online resource to quickly compare translations.)

TRANSLATION

NAME OF GOD

_____	-	_____
_____	-	_____
_____	-	_____

*The Hebrew word translated "LORD Almighty, LORD of hosts, LORD of armies comes from the root אָבָה (tsaw-bah) always relating to warfare. Put together with יְהוָה (YHVH "Yaweh") it is a reference to the angelic armies of heaven. Make a note of that in your Bible.*

2. **CONSIDER:** What does this name of God mean to you then when you think of your relationship with God?

3. **Read** the following verses and summarize the nature of God describe in each:

[Psalm 24:10](#)

[Zechariah 14:9](#)

4. **APPLY:** What battle are you facing today? A relationship challenge? A job issue? Finances? Write one word to remind you of this challenge you are facing: \_\_\_\_\_. Now, re-read Psalm 46...this time read it aloud. Read it standing up. Read it triumphantly! Put your hands on your hips and read it like you mean every word! While you're reading it, think and pray to God about that issue. God is our refuge, strength, and ever-present help...and he is also the commander of the invincible angelic armies. Stand and know that God will be your defender! Do you believe that? Really?



# Lesson Four... Day Five

Write & Memorize the Word

Psalm 46:10

## ...Dwell in the Word...

1. **Read** [1 Samuel 17:32-54](#). Consider how David's expectations of God relate to Psalm 46:
2. **IMAGINE:** The great fear of any ancient city in a battle was to have the water supply cut off by the enemy army. Without water, a secure city would not be able to hold out during a siege. What imagery does the author use to assure God's people in this Psalm? (v. 4)
3. **CONSIDER:** How does the author describe the scene around this life-giving stream? (v. 6)
4. **SHARE:** Is it easy for you to stand and be at peace while life rages around you? Explain...
5. **APPLY:** Which verse from this Psalm can be an encouragement to you today in light of what you or maybe a loved one is facing?

# Lesson Four... Day Six

Write & Memorize the Word

Psalm 46:10

## ...Dwell in the Word...

1. **Read** back through our Psalm and note any phrases that are hyperbole. (Hyperbole is a literary device used to make a dramatic point by exaggerating something.) Write your favorites here:

2. **Re-Read** and summarize the following sections by theme or focus:

v. 1-7

v. 8-11

3. **THINK:** Who is talking in verse 10? \_\_\_\_\_

To whom is He talking?

4. **EXPLAIN:** What imagery from this Psalm would convince you to take God's words in verse literally and very seriously? Explain how that might look in your life today...

# Lesson Four... Day Seven

Write & Memorize the Word

Psalm 46:10

## ...Create and Share the Word...

The Hebrew word translated "be still" from Psalm 46:10 is רָפָה "rapha" - It means to sink, relax, or let go. The idea is to not just "be still" and literally stand in one place. It's more about silencing any objections to God's sovereignty and any arguing about outcomes. Instead, we should stop and **be still**. How? By doing exactly what the Psalmist has done in this psalm...recall God's glory and greatness. This command from God isn't just personal to the reader...it's a command to stop opposing God and to lay down arms and acknowledge his sovereignty.

It's a call to let go and let God take it all. It's His anyway, right?

This study has been a focus on how we can chill, how we in our stressful, anxiety-prone lives can come, hide in Him, let go and truly let God not only be the God of the universe, but the God of every little area of our lives.

For our final Create and Share, take a moment to look at your hands. Lay them out before you, palms up and imagine them filled with all the cares you hold on to. Then imagine being still...truly still and releasing it all before your God.

Draw a picture or write a reminder below to help you visualize and remember your need to surrender all to him. To let go...and let God.

# Psalm 145

New International Version

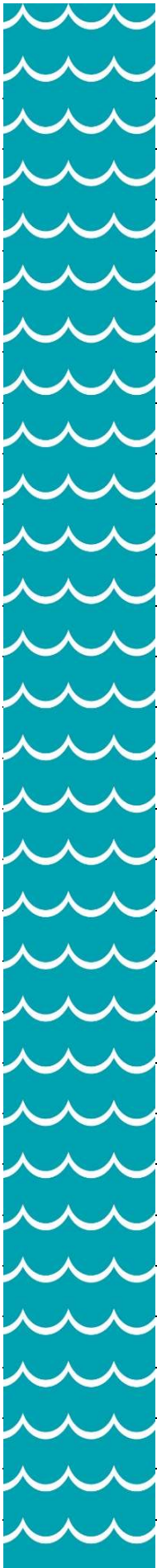
1 I will exalt you, my God the King;  
I will praise your name for ever and ever.  
2 Every day I will praise you  
and extol your name for ever and ever.  
3 Great is the Lord and most worthy of praise;  
his greatness no one can fathom.  
4 One generation commends your works to  
another;  
they tell of your mighty acts.  
5 They speak of the glorious splendor of your  
majesty—  
and I will meditate on your wonderful works.[b]  
6 They tell of the power of your awesome works—  
and I will proclaim your great deeds.  
7 They celebrate your abundant goodness  
and joyfully sing of your righteousness.  
8 The Lord is gracious and compassionate,  
slow to anger and rich in love.  
9 The Lord is good to all;  
he has compassion on all he has made.  
10 All your works praise you, Lord;  
your faithful people extol you.  
11 They tell of the glory of your kingdom  
and speak of your might,  
12 so that all people may know of your mighty acts  
and the glorious splendor of your kingdom.  
13 Your kingdom is an everlasting kingdom,  
and your dominion endures through all  
generations.  
The Lord is trustworthy in all he promises  
and faithful in all he does.  
14 The Lord upholds all who fall  
and lifts up all who are bowed down.  
15 The eyes of all look to you,  
and you give them their food at the proper time.  
16 You open your hand  
and satisfy the desires of every living thing.  
17 The Lord is righteous in all his ways  
and faithful in all he does.  
18 The Lord is near to all who call on him,  
to all who call on him in truth.  
19 He fulfills the desires of those who fear him;  
he hears their cry and saves them.  
20 The Lord watches over all who love him,  
but all the wicked he will destroy.  
21 My mouth will speak in praise of the Lord.  
Let every creature praise his holy name  
for ever and ever.

# Psalm 46

New International Version

1 God is our refuge and strength,  
an ever-present help in trouble.  
2 Therefore we will not fear, though the earth give  
way  
and the mountains fall into the heart of the sea,  
3 though its waters roar and foam  
and the mountains quake with their surging.  
4 There is a river whose streams make glad the city  
of God,  
the holy place where the Most High dwells.  
5 God is within her, she will not fall;  
God will help her at break of day.  
6 Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.  
7 The Lord Almighty is with us;  
the God of Jacob is our fortress.  
8 Come and see what the Lord has done,  
the desolations he has brought on the earth.  
9 He makes wars cease  
to the ends of the earth.  
He breaks the bow and shatters the spear;  
he burns the shields with fire.  
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."  
11 The Lord Almighty is with us;  
the God of Jacob is our fortress.

# Psalm 46



Lined writing area consisting of 20 horizontal lines for notes.

# Prayer Requests - Praises - Connections





Chill – Rethinking Stress and Rest  
Studies in the Psalms

