



Purley Baptist Church

# Discipleship Guide 22 March 2020

Psalm 46 – Be still and know that I am God

**This Week's BIG IDEA:** This psalm helps us to do 3 things...

- 1) **Re-centre ourselves on God** who does not issue a gentle suggestion but a direct command to 'Be still and know that I am God' (v.10)
- 2) **Take refuge in God** who is our refuge and an ever present help in trouble (v.1)
- 3) **To allow God to take residence in our lives.**

**CONNECT UP and IN:** Fix your eyes on God and give him an opportunity to speak to you through his Word

- 1) Read through Psalm 46. From James' message, what in particular stuck out for you?
- 2) How do you remember that God is in control even when things seems to be falling apart?
- 3) Read verse 10. What does it mean to "Be still and know that I am God"?
- 4) Our society doesn't like the thought of being still. Why do we keep ourselves so busy?
- 5) Being still is another way of surrendering to God. What area of your life do you need to be still and reflect on God?
- 6) This psalm was written in the context of chaos (see verses 2, 3 & 6). How has our society been 'grounded'? How did you initially react to this? How has your reaction developed as time has gone by?
- 7) Read verse 1. How does the Psalmist help us to see that fear is unnecessary? Why can God be trusted?
- 8) Read verse 4. How does knowing God dwells in us produce strength which leads to joy?

**CONNECT OUT** as a group to serve the world around you

- 1) How, as a group are we going to support each other in the coming weeks? What 'devices' are we going to try and use? E.g. WhatsApp, Zoom, Google Hangouts.
- 2) How can we support those who will struggle with navigating their way through digital technology?
- 3) How are we going to 'love our neighbours from a distance'?

## HEARTBEAT

At the last church meeting the Leadership talked about plans for a permanent PBC prayer room. We also introduced 'Heartbeat', as the name to cover all prayer activities. The idea is that prayer is about listening for the heartbeat of God and praying - and also that prayer is the heartbeat of the Church - showing the Church is alive and well!

***Psalm 27:8*** 'My heart has heard you say, "Come and talk with me" And my heart responds, "Lord I am Coming!"

We can't open our PBC prayer room at present but we can now launch 'Heartbeat' and pray together as Church family as never before!

We know many of you already have people you pray with regularly, and we want to develop small pray partnerships - calling them '**Pulse**' **Groups**. A good Pulse is a sign of a health Heartbeat!

So we will have a Heartbeat section in this weekly Discipleship Guide with prayer points to use in your Life Groups, Pulse Groups and individually.

## NEWS AND NOTICES

- **Prayer:** Join us at our monthly '**Thy Kingdom Come**' prayer meeting on **Wednesday 8-9pm**. Details of what you can be praying for during this time are being emailed out and posted at [www.purleybaptist.org/prayer](http://www.purleybaptist.org/prayer).
- Read the latest from **James on his blog** [www.purleybaptist.org/james](http://www.purleybaptist.org/james)
- Updates about PBC and the **Coronavirus** can be found at [www.purleybaptist.org/news](http://www.purleybaptist.org/news)
- **Stay in touch with others on Facebook:**  
PBC Page: <https://www.facebook.com/purleybaptistchurch.pbc/>  
PBC Congregation Group: <https://www.facebook.com/groups/purleybaptist/>  
20s and 30s Group: <https://www.facebook.com/groups/411465799048827/>

## RECOMMENDED RESOURCES

Here are some great daily devotions available on the Bible App and through the following web links:

- **NT Wright: A Journey From Worry to Confident Hope: Praying Through the Lord's Prayer:** <https://www.bible.com/en-GB/reading-plans/18704-confident-hope-praying-through-the-lords-prayer>
- **Preparing Our Hearts for Easter: A Lenten Devotional:** <https://www.bible.com/en-GB/reading-plans/1418-preparing-our-hearts-for-easter-lent>
- **Get Your Life Back, a 5-Day Devotional from John Eldredge** [https://www.bible.com/en-GB/reading-plans/17845?branch\\_match\\_id=750802223073935667&utm\\_campaign=Featured+Plans&utm\\_source=Blog](https://www.bible.com/en-GB/reading-plans/17845?branch_match_id=750802223073935667&utm_campaign=Featured+Plans&utm_source=Blog)