

Unstoppable: God's Comfort

What does it mean to “be still”? (Psalm 46:1-11)

**1. If God is on the throne, we can be still because He is _____
_____ us.** (Psalm 46:10)

We receive steadfastness by observing His steadiness.

Be still and know that I am God
Be still and know that I am
Be still and know
Be still
Be

- Instead of “fight or flight,” we can stand steadfast in the promises and love of God. (Isaiah 54:10; Psalm 62:1-2)

2. If God can bring stillness to the things we cannot control, He can bring stillness to _____. (Mark 4:35-41)

- When times seem shaky and uncertain, we need to have a steadfast focus on God who gives peace. (Isaiah 26:3-4)

- 1) Don't panic, pray!
- 2) Limit media updates.
- 3) Spend more time connecting with your family.
- 4) Don't socially isolate – even at home. Model this to your teens.

3. Choose to be a _____, not a “_____”.
(Matthew 5:9)

- 1) Model trust in God to your kids.
- 2) Use your social media accounts to help.
- 3) Figure out how to love your neighbors.