# Sunday 5th January – Connect Group Notes

## Be still and know

**Read Psalm 46**

1. **Reflecting on the World’s Pace**

* How has the world around us become busier?
* In what ways do you think our modern lifestyle works against the practice of stillness?

2. **Devotion to Prayer (Colossians 4:2)**

* Our church's verse for the year is *Colossians 4:2*: “Devote yourselves to prayer, being watchful and thankful.”
* What does it mean to be *devoted* to prayer? How does this look in daily life?

3. **Obstacles to Prayer**

* What tends to get in the way of prayer in your life?
* Are we sometimes too busy or too focused on solving our own problems to rely on God?

4. **Encouragement from Psalm 46**

* How do the truths in Psalm 46:1-9 inspire us to pray?
* What benefits of prayer do you see reflected in these verses?

5. **Verses 8-9 in Context**

* Verses 8-9 could describe events like the story of Jerusalem and Hezekiah in *2 Kings 18:17–19:37*. (Consider reading or summarizing this story.)
* How does this context deepen our understanding of the command to “Be still and know that I am God”?

6. **Practicing Stillness**

* What helps you personally come before God in stillness, recognising who He is and who you are?
* Are there specific Bible verses, practices, or prayers that anchor you in this stillness?

7. **Cultivating Stillness and Prayer This Year**

* How can we as individuals and as a church community grow in practicing stillness before God?
* What practical steps can we take this year to “devote ourselves to prayer, being watchful and thankful”?