



God's Word *Day 4* for times like these:

Still in Control

"No matter how God-defiant or Godforsaken the settings in which we find ourselves, prayer, with a kind of built-in radar, tracks its way to God."

Eugene Peterson, Where your Treasure is

Read **Psalm 46**

King Solomon and Israel have just dedicated the new temple to God and then God speaks to Solomon. He tells him when the difficult times come (including plague), there is a process for the people to receive God's healing: be humble, pray, seek, turn, hear, forgive – then healing will come. It's a combination of dependence on God and action.

Like Solomon, we can demonstrate to people this act of total dependence on God. For if we turn to God, He will heal.

With Your Family

Cut out some thin strips of paper and use them to measure the bicep muscle in the arms of every person (bend your arm and squeeze your fist make it stand out!) Use a ruler to measure each strip, name it and record the number. Who is the strongest in your household? I wonder how strong God is? Each person then writes one way that they know God is strong on their strip of paper. Share your answers and think of some more together. Now glue the paper strips together to make a much longer strip.

Together, God makes us strong and we can have confidence in his power and strength. Stick your 'God strip' on the wall somewhere as a reminder this week.

Now, do what it says in verse 10: "Be still and know that I am God". Each person writes out the words of verses 1-2a. "God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, though the earth should change." Find a quiet place to be still. Set a timer for two minutes and read these words to yourself slowly, over and over again. Pray the words together to finish. Display your creations on your wall as a reminder of God's caring presence.

Prayer

Almighty God, still our minds and our hearts. Let us spend time with You and know You more. Amen.