

# LOVE IN A LOCKDOWN

## Discussion Notes

### BE STILL AND KNOW

Read Psalm 46 together. You might want to take this as an opportunity to slow down and meditate a little, perhaps read through each section and pause to think about what was just read.

Kate focused on two key words in verse 10: 'be still' and 'know'.

BE STILL - The word here is 'raphah' which has a few different connotations.

1. 'Cease fighting'. Kate spoke about how we live in a world that is not perfect and is a very difficult place to live sometimes. What can this command to 'cease fighting' mean for us today?
2. 'Reach the end of strength'. How can we know where our limits are as finite humans? Has this crisis helped you see your limits?
3. 'Be helpless'. What is your reaction to this command to 'be helpless'? What does it actually mean to 'be helpless'? How might it help us?

KNOW - The word here is 'yadda' which Kate explains can be translated as 'to experience', rather than just know something intellectually. Kate shared that it is often in the difficult times of life that we can experience God's presence in the most tangible ways.

- Have you found this before?
- Kate explained how the Psalmist shows the power and control that God has and yet God still wants us to know him in a real and intimate relationship. How can we grow in 'knowing God' in this time?

You might find it helpful to break down into smaller groups to pray, the Breakout Room function on Zoom is great for this. Kate asked us to list some things that we are anxious about and bring them to God, so you may want to take some time to do this as part of a prayer response.