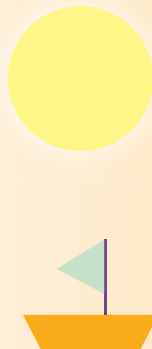


**Be still,
and know
that I
am God...**

Psalm 46:10



Understand it:

Have you ever had a day when everything seemed to go wrong? Days like that can make us feel uptight or upset. Or perhaps you are worried about things that are happening in the world just now? In this verse from Psalm 46 we're told what to do when we feel worried or upset.

To 'be still' means to be quiet and calm in your mind; not to panic! Another way of thinking about it is to take your hands off and let God be in control. So often we worry and try to sort out everything ourselves, but God wants us to 'be still' and let Him work in His way and also in His time!

He wants us to know that He is God, the one true God! Whatever happens, God is still God. He is in charge. He will work everything out for the best.

Learn it:

'Move around' – Can you stand on one leg while you say the verse right through? Now try turning around slowly in a circle as you say the verse. Here are some more movements you can try as you say the verse – jump up and down, march on the spot, move your arms in a circle, pat your head and rub your tummy. See if you can think of another movement to do while you say the verse.

'Add 2' – Starting with the reference add on two words each time. For example, "Psalm 46:10; Psalm 46:10 Be still; Psalm 46:10 Be still and know" etc. Keep going until you have added in all the words.

'Eyes & Ears' – Cover your left eye as you say the verse right through. Now try the verse with your right ear covered. Try it now with your right eye covered and then try it with your left ear covered. To make it even harder close 1 eye and cover 1 ear as you repeat the verse. Next time, keep 1 eye closed but cover both ears. Can you say the verse with both eyes closed and both ears covered?