

# **“BE STILL AND KNOW”**

Psalm 46

*This is what the LORD says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls.”*

Jeremiah 6:16 (NIV)

## **DEVELOP THE PRACTICE OF**

\_\_\_\_\_!

### **TWO PARADOXES:**

**ALONENESS IS** \_\_\_\_\_!

**RETREAT IS** \_\_\_\_\_!

Scripture References:

Psalm 46:1-7,10, Jeremiah 6:16, Psalm 131:2, 1 Kings 19:11-13,  
Mark 1:35, Isaiah 30:15b, Matthew 11:28-30, Zephaniah 1:7a

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Individual Message

**PERSONAL NOTES**

**WHAT GOD IS SAYING TO ME TODAY:**

**WHAT I'LL DO ABOUT IT NOW:**

**MY ADVOCATE(S) IN THIS WILL BE:**