

## ICEBREAKER

What's the most chaotic part of the holidays?

## TEXT

Psalm 46:1-11

## DISCUSSION QUESTIONS

1. Growing up, was Christmas a time of peace and harmony or conflict and stress? Describe and explain why.
2. Can you remember a time in your life when peace was clearly evident? Does peace even exist anymore? What does it look like?
3. What's the easiest way to begin to take moments of pause in life? When do you need to stop and rest this time of year?
4. The beginning of Psalm 46:10 reads, "Be still, and know that I am God;..." Would you consider this the hardest commandment? In what current situations do you need to learn how "to be still"?

## NEXT STEPS

Selah. Take a moment as a group to take a deep breath in and out.

## HOW CAN WE PRAY FOR YOU?

