Journaling: Be Still

Directions: Use your own personal journal or the space below to respond to the guiding scripture and questions.

> *He says, "Be still, and know that I am God;*
> *I will be exalted among the nations,*
> *I will be exalted in the earth."* ***Psalm 46:10***

1. *Have you ever been frightened by a thunderstorm or a strange noise from outside? What did you do when you were scared? How did it make you feel?*

2. *Do you think that God wants us to come to Him when we become scared?*

3. *What word or phrase from* ***Psalm 46:10*** *(or earlier in Chap. 46)* gives you confidence in God?