

Outline

Series Title: Poems, Prayers, Promises

Title: Stillness

Passage: Psalm 46:1-11 ESV

Introduction

- Chaos Typically Causes us to have Anxiety as proven by the American Psychological Association:
 - 78% of American adults say the coronavirus pandemic is a significant source of stress in their lives.
 - The majority of adults still say health care (66%), mass shootings (62%) rise in suicide rates (51%), immigration (47%), widespread sexual harassment (47%) causes stress in their lives.
 - Nearly 65% say the current amount of uncertainty in our nation causes them stress. Furthermore, 60% say the number of issues America faces currently is overwhelming to them.
 - Finally, 77% say the future of our nation is a significant source of stress, up significantly from 2019 when 66% of adults said the same. And 71% say this is the lowest point in our nation's history that they can remember. In 2019, only 56% of Americans shared this sentiment.
- Chaos should be an invitation to trust that God is our defender and deliverer.

Insights

- God is our Defender
 - Psalm 46:1,7, 11
 - Psalm 27:3
- God is our Deliverer
 - Psalm 46:6, 8-9

- God is our Delight
 - Joy is predicated on where God is (Psalm 16:11)
 - God is in the midst of our future destination (Psalm 46:4-5)
 - Ezekiel 47:1-9
 - Revelation 22:1, 17
 - God is present with us, therefore, we ought to delight in Him
 - Psalm 46:1b, 7, 11, 10

Application

- We can trust in who God is through the medium of stillness practiced through Richard Foster's discipline of solitude.
- Inspired by Richard Foster's *Celebration of Discipline*
 1. Seek Solitude
 2. Seek Silence in Solitude
 3. Schedule Solitude