

# Slowing Our Pace

## *35 Days To A Higher Level Of Spiritual Maturity*

### Scripture Reading – *Psalm 46*

- A. The greatest treasures ever unearthed cannot compare to the riches that lay waiting to be found in God's Word.
- B. *Proverbs 2:1-5*
- C. What a treasure is Christlikeness!

### I. BE STILL!

- A. *Psalm 46* – God is our refuge and strength
- B. *Selah* – most likely means “pause.” Perhaps, “let that sink in.”
- C. Each section of *Psalm 46* encourages a remembrance that God is in control.
  - 1. v. 2-3 – the upheavals of nature
  - 2. v. 4-7 – the assaults of enemies
  - 3. v. 8-11 – the violence of war
- D. Note especially the instruction of v. 10.

### II. The Discipline Of Silence

- A. What happens when we humble and discipline ourselves?
- B. Remember our great shared goal with the apostle Paul (*Philippians 3:10*).
- C. For many, silence has become a very fearful thing.

### III. “I Have Set The Lord Always Before Me” (*Psalm 16*)

- A. Contemplating nature
- B. Meditating on His word
- C. Spending time in prayer
- D. Enjoying fellowship with other Christians