

Meditation - Psalm 46:10
Be still and know that I am God.

Be Still and Know that I AM God.

What does this mean to you?

Be Still and Know that I AM.

What is your Image of God in your life?

Be Still and Know.

What does God want you to know?

Be Still.

Stop. Relax, take a deep breath. Empty your thoughts and focus on the presence of God. *Be still.*

Be.

What does it mean to just be? Who are you? Strip away all your roles and identities... and just BE.