

# Speak, Lord, your servant is listening

Each week we will listen to a short passage from scripture. We begin with psalm 46, one of the prayers that is almost a song that we find in the Bible.

**The nations are in an uproar,  
the kingdoms totter;  
the LORD utters his voice,  
the earth melts.**  
**The LORD of hosts is with us;  
the God of Jacob is our refuge.**  
**Come, behold the works of the LORD...**  
**The LORD makes wars cease  
to the end of the earth;  
the LORD breaks the bow,  
and shatters the spear;  
the LORD burns the shields with fire.**  
**'Be still, and know that I am God!  
I am exalted among the nations,  
I am exalted in the earth.'**  
**The LORD of hosts is with us;  
the God of Jacob is our refuge.**

Psalm 46: 1, 6-8a, 9-11

Be Still  
and Know  
that  
I Am  
God

Choose the reflective questions that suit your family:

Ages 3-6

God says, Be still. How can we start? We squeeze our toes and then make them still. We feel the stillness creep up our legs making them stop moving. Our middles stop moving and so do our arms. We fold our hands in prayer. How long can we hold the stillness? What do we hear when we are still?

Ages 9-12

The psalmist says that nations are in an uproar. We know this. All around us, things are not settled. Life is messy. But twice the psalmist says, "The LORD of hosts is with us." It is hard to know this in the messiness of life. Perhaps that is why God says "Be still and Know." We can try for stillness.

Ages 6-9

The psalmist says the LORD shatters spears, and burns shields. What can we say about how God feels about war? What would happen if everyone made themselves still? What would happen to fighting?

Teenagers

"I am exalted," God says. "Exalted" means to lift high, to praise. So is this true? Is God exalted throughout the earth? Can our stillness exalt God?? Maybe it does; maybe it does not. We can experiment with stillness.

Read the scripture.

Ask questions.

Listen to each other's answers.

Then pray the prayer together on page 2.

# Listen Prayer

One person leads and everyone else responds (R.)

Lord, our God,

We praise you for the wisdom of your will that unfolds all around us. We desire to enter more profoundly into this mystery, to root ourselves firmly in your will, to listen ever more deeply to you.

**R. Speak, Lord, your servant is listening.**

Teach us to listen closely to your Word—to the words on the page and the meaning they invoke, to the human author and to the divine, to the spaces between the letters where your Spirit dwells.



**R. Speak, Lord, your servant is listening.**

Teach us to listen attentively to Creation—to the voice of the earth, to the whispering of wind and waves, to the silence of the rocks and soil and swarms of voiceless creatures.



**R. Speak, Lord, your servant is listening.**

Teach us to listen respectfully to the culture that surrounds us—to its wisdom and its folly, to the loud voices and the quiet, to that which can teach us and form us and expand our thinking.



**R. Speak, Lord, your servant is listening.**

And teach us, Lord, to listen deeply to one another—to what we speak aloud and to what we leave unsaid, to our needs and to our concerns, to the love and the longing and desires of our hearts.

**R. We come before you.  
We make ourselves still.  
We listen to understand.  
Amen.**

