



Source: WomensMinistryResources.com

Christian Women's Meditation Activity: “Be Still and Know”

Purpose:

To help women pause from the busyness of life and intentionally rest in God’s presence using guided Biblical reflection and silence. Rooted in Psalm 46:10: “*Be still, and know that I am God.*”

Setting the Atmosphere

- **Location:** Quiet room, chapel, or outdoor garden (optional instrumental worship music playing softly)
- **Time:** 30–45 minutes
- **Supplies Needed:**
 - Bibles or Scripture printouts
 - Journals or notepads and pens
 - Pillows, chairs, or mats for comfortable sitting
 - Small candles or diffused essential oils (optional for comfort)

Activity Outline

1. Welcome & Introduction (5 minutes)

- Greet participants warmly.
- Briefly explain what Christian meditation is (dwelling on God’s Word, listening for His voice, and drawing near to Him—not emptying the mind).
- Read aloud: **Psalm 46:10** – “*Be still and know that I am God.*”

2. Centering Prayer (2–3 minutes)

Lead a simple prayer inviting the Holy Spirit’s presence:

“Lord, quiet our hearts. We want to hear from You. Help us focus fully on You and Your Word in this time. In Jesus’ name, amen.”

3. Scripture-Based Meditation (15–20 minutes)

Pick **one core passage** for the session. Examples:

- **Isaiah 26:3** – “*You will keep in perfect peace those whose minds are steadfast, because they trust in you.*”
- **Psalms 1:2-3** – “*She is like a tree planted by streams of water...*”
- **Matthew 11:28-30** – “*Come to me, all who are weary...*”

Steps:

1. **Read the passage aloud slowly**, 2–3 times.
2. Ask participants to **silently reflect** on:
 - What word or phrase stood out?
 - What might God be speaking to me through this?
 - How can I apply this truth to my life today?
3. Allow several minutes of quiet after each reading.

4. Guided Reflection & Journaling (10–15 minutes)

Offer these journaling prompts:

- “What did God bring to your attention during the reading?”
- “How can I live this verse out in the week ahead?”
- “What distractions do I need to surrender to be still with God more often?”

5. Group Sharing (Optional – 10 minutes)

Invite those who feel led to share a word or insight from their quiet time. Keep it optional and grace-filled.

6. Closing Prayer & Encouragement (5 minutes)

Close with a Scripture-based blessing:

“May the Lord bless you and keep you. May His face shine upon you and give you peace.” (Numbers 6:24–26)

Optional Takeaways:

- **Printable meditation cards** with Scriptures
- A **“Be Still” journal page** to encourage daily quiet time
- **Bookmark** with Psalm 46:10 or Isaiah 26:3