# Psalm 46:10

This exercise is a companioned reflection of Psalm 46 verse 10, “Be still and know that I am God.” It can be used to introduce people to being companioned, and to waiting and noticing inside. Including the sharing at the end, this exercise takes about ten minutes.

First invite everyone to sit comfortably, close their eyes and to briefly notice their breathing and what their body feels like. Then let them know that you will be repeating the verse, leaving off a portion each time. And that after each time you say it, you want them to keep their eyes closed and to be open to noticing what feelings, thoughts or images might come.

Lead the exercise, breaking up the verse as follows:

**Be | still | and know | that I am | God**

That is, the first time say the entire sentence. The second time, leave off the word “God”. The third time, stop after “know”; and so forth. Allow enough time (for example, a half-a-minute) after each pause for them to notice what might come, but do not ask for feedback during this exercise. After the last pause, invite them to open their eyes. Let them have time to do so; and then invite them to share their experiences. Help them confirm their experiences of noticing the movement and grace of the Holy Spirit.