

Lingering

with God

In Times of Turmoil

**God is our refuge and strength,  
an ever-present help in trouble.  
Therefore we will not fear, though the earth give  
way...**

**The Lord Almighty is with us...  
He says, “Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”**

**Psalm 46**

# Lessons in Lingerin*g*

1. Allows time to delight in God
2. Helps us put things in perspective
3. Transforms our lives



Practices •

December 1, 2025

# Finding Quiet Within: The Transformative Power of Time Alone

Intentionally spending time alone can become a practice of renewal and refreshment and connecting to what matters most.

**When you practice being alone well, you gain:**

- **Stronger self-understanding:** You become someone who knows yourself in quiet, not just in the crowd.
- **Better relationships:** You come to others more whole, less depleted, more present.
- **Deeper meaning:** You shift from the endless “go-go-go” to a life where values and purpose matter.
- **Spiritual openness:** You create the fertile soil where inner stirrings, transcendence, and healing can take root.

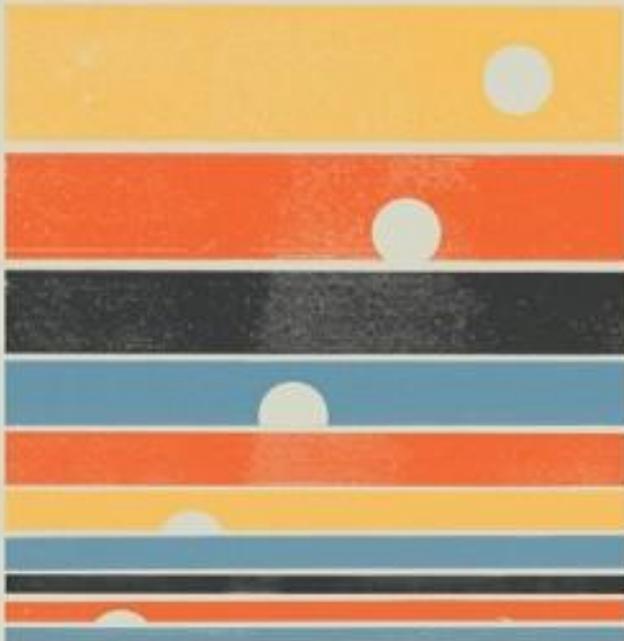
**Jilleen Westbrook  
“Finding Quiet Within”**

**In short: solitude is not a luxury or escape—it is a discipline of thriving. It is part of becoming the person you are meant to be: rooted, reflective, responsive, whole.**

**Jilleen Westbrook  
“Finding Quiet Within”**

# **SLOW THEOLOGY**

Eight Practices for Resilient Faith  
in a Turbulent World



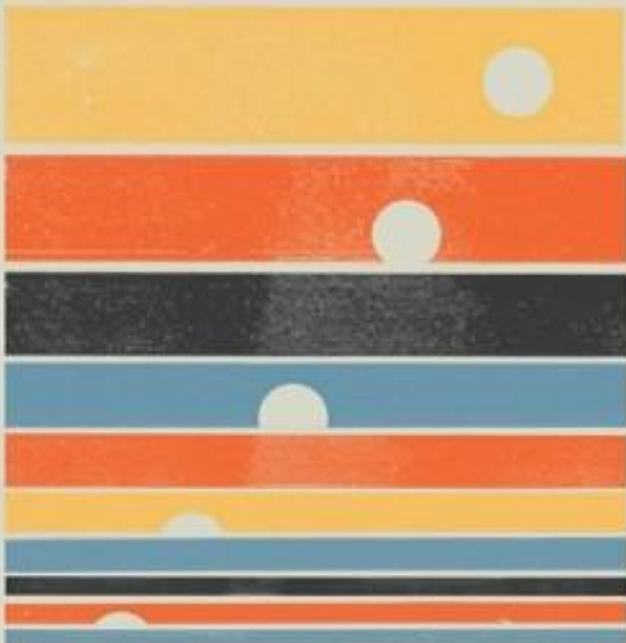
**A. J. SWOBODA / NIJAY K. GUPTA**

Foreword by GLENN PACKIAM

# Embracing the Theological Journey: Taking the Long View of Faith

# **SLOW THEOLOGY**

Eight Practices for Resilient Faith  
in a Turbulent World



**A. J. SWOBODA / NIJAY K. GUPTA**

Foreword by GLENN PACKIAM

## Embracing the Theological Journey: Taking the Long View of Faith

Theology begins with faith.  
Theology is not just about the  
study of God. Theology, as its  
proper end, is about knowing  
God himself.

**Then the man said, “Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome.”**

**Jacob said, “Please tell me your name.”**

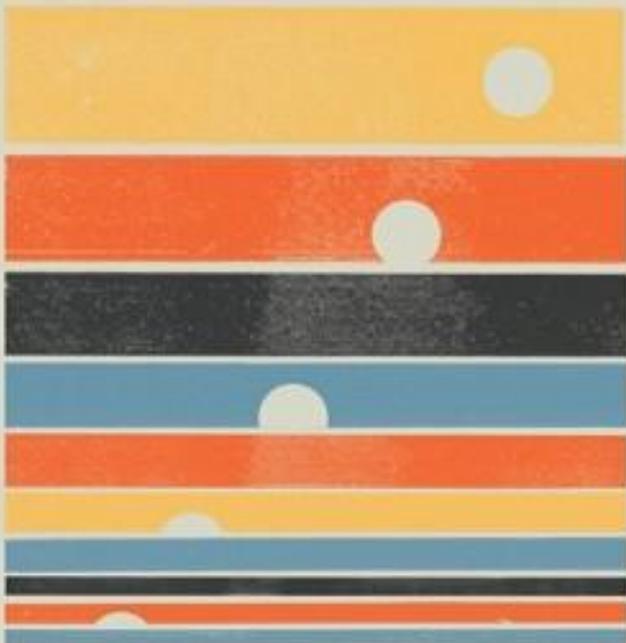
**But he replied, “Why do you ask my name?” Then he blessed him there.**

**So Jacob called the place Peniel, saying, “It is because I saw God face to face, and yet my life was spared.”**

**Genesis 32:28-30**

# **SLOW THEOLOGY**

Eight Practices for Resilient Faith  
in a Turbulent World



**A. J. SWOBODA / NIJAY K. GUPTA**

Foreword by GLENN PACKIAM

Pursuing God is less about running around in a frantic game of hide-and-seek and more like scanning the room where you *already are*, carefully looking for clues of God's invisible but transformative presence. God is present, willing, and eager to know us more deeply, but want to be invited into closer intimacy and communication.

# HOW TO KNOW IF YOU'RE GROWING IN PATIENCE—OR JUST GIVING UP

RUSSELL MOORE  
COLUMNIST



**This kind of patience says, “You’ve got to be realistic” or “Idealism is for losers.” It acts as a moral sedative against doing what is right and accepts the Devil’s account of reality—that force is ultimate, that cruelty is power.**

**Russell Moore**

**We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently.**

**Romans 8:22-25**

Psalm 5 says that the Lord abhors the bloodthirsty and detests liars. So must we. Lord, in your mercy, hear our cry of furious lament.

## A PRAYER AGAINST THE BLOODTHIRSTY

O Lord, you who hate the bloodthirsty and deceitful, subdue the violent, shatter the weapons of war, and take pity upon the vulnerable, so that peace might prevail and true justice be restored to this land. We pray this in the name of the One who breaks the bow and shatters the spear. Amen.

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**“PRAYERS FOR PILGRIMAGE”**

**Listen to my words, Lord,  
consider my lament.**

**Hear my cry for help,  
my King and my God,  
for to you I pray.**

**In the morning, Lord, you hear my voice;  
in the morning I lay my requests before you  
and wait expectantly.**

**For you are not a God who is pleased with  
wickedness;**

**with you, evil people are not welcome.**

**Psalm 5:1-7**

**The arrogant cannot stand  
in your presence.  
You hate all who do wrong;  
you destroy those who tell lies.  
The bloodthirsty and deceitful  
you, Lord, detest.  
But I, by your great love,  
can come into your house;  
in reverence I bow down  
toward your holy temple.**

**Psalm 5:1-7**

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**“PRAYERS FOR PILGRIMAGE”**

**He makes wars cease  
to the ends of the earth.**

**He breaks the bow and shatters the spear;  
he burns the shields with fire.**

**Psalm 46:9**

Today 10:03 AM

Good morning.  
Working on "Slow Me Down."  
Gotta confess the irony as I am  
so dismayed by what is  
happening in our country,  
especially Minnesota currently.  
Feels more like , "speed me up,  
give me something active and  
tangible to counter this crazy  
injustice."



**Nations are in uproar, kingdoms fall.**

**Psalm 46:6**

**God is for us refuge and strength,  
a help in troubles, readily available.**

**Therefore we are not afraid when the earth shakes,  
when mountains topple into the middle of the seas.**

**They may rage and foam,  
the mountains may quake when it lifts up high.**

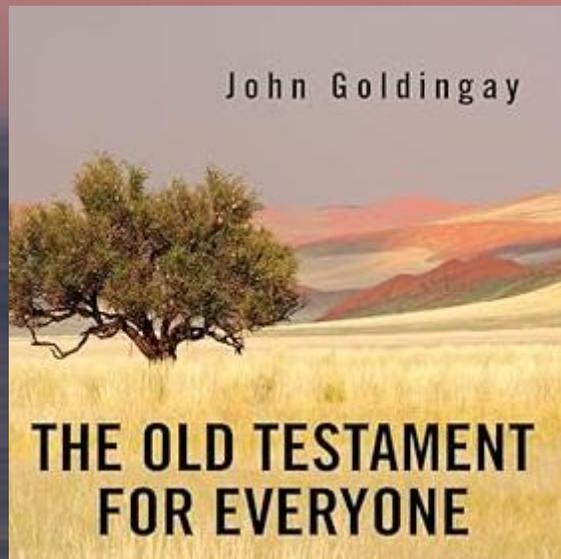
**A river with its streams rejoices God's city,  
the holy place where the great dwelling of the One  
on High is.**

**God being in its midst, it will not topple;  
God helps it as morning arrives.**

**Nations rage, kingdoms totter;  
when he gives his voice, earth dissolves.  
Yahweh Armies is with us;  
Jacob's God is a tower for us.  
Go and look at the deeds of Yahweh,  
who brought about great destruction in the earth,  
halting battles to the ends of the earth,  
when he shatters the bow and snaps the spear,  
burns chariots in the fire.**

**“Stop, and acknowledge that I am God;  
I will be high among the nations,  
I will be high in the earth.”  
Yahweh Armies is with us;  
Jacob’s God is a tower for us.**

**Psalm 46, translated by  
John Goldingay**



**Luther proved the psalm to be true. He could indeed say that in his time the earth was shaking and nations were raging; they were raging at him. Partly as a result of controversies he stirred up, they came to be shaking in another sense. Over the next century the unity and central power of the empire steadily weakened.**

**John Goldingay**

**“Lord Almighty, the God of Israel, enthroned between the cherubim, you alone are God over all the kingdoms of the earth. You have made heaven and earth. Give ear, Lord, and hear; open your eyes, Lord, and see; listen to all the words Sennacherib has sent to ridicule the living God. It is true, Lord, that the Assyrian kings have laid waste all these peoples and their lands. They have thrown their gods into the fire and destroyed them, for they were not gods but only wood and stone, fashioned by human hands. Now, Lord our God, deliver us from his hand, so that all the kingdoms of the earth may know that you, Lord, are the only God.”**

**Isaiah 37:16-20**

**Therefore this is what the Lord says concerning the king of Assyria:**

**“He will not enter this city  
or shoot an arrow here.**

**He will not come before it with shield  
or build a siege ramp against it.**

**By the way that he came he will return;  
he will not enter this city,”**

**declares the Lord.**

**“I will defend this city and save it,  
for my sake and for the sake of David my servant!”**

**Isaiah 37:33-35**

**Then the angel of the Lord went out and put to death a hundred and eighty-five thousand in the Assyrian camp. When the people got up the next morning—there were all the dead bodies! So Sennacherib king of Assyria broke camp and withdrew. He returned to Nineveh and stayed there.**

**Isaiah 37:36-37**

**We use the challenge “Be still and know that I am God” as an invitation to stop rushing around, to be quiet and center on God, which is an invitation we do need. In the psalm, it is a challenge to great nations to stop thinking that they are so great, to stop thinking they can do what they like in the world, and in particular to stop thinking they can do what they like with God’s people and God’s city. It’s another way of envisaging the coming of world peace. Israel did not experience its arrival, and neither do we, but little experiences of God’s winning the battle give grounds for believing that God will ultimately do so.**

**John Goldingay**

**God is a safe place to hide,  
ready to help when we need him.  
We stand fearless at the cliff-edge of doom,  
courageous in seastorm and earthquake,  
Before the rush and roar of oceans,  
the tremors that shift mountains.  
Jacob-wrestling God fights for us,  
God-of-Angel-Armies protects us.  
River fountains splash joy, cooling God's city,  
this sacred haunt of the Most High.  
God lives here, the streets are safe,  
God at your service from crack of dawn.**

**Godless nations rant and rave, kings and kingdoms threaten,**

**but Earth does anything he says.**

**Jacob-wrestling God fights for us,**

**God-of-Angel-Armies protects us.**

**Attention, all! See the marvels of God!**

**He plants flowers and trees all over the earth,**

**Bans war from pole to pole,**

**breaks all the weapons across his knee.**

**“Step out of the traffic! Take a long, loving look at me, your High God, above politics, above everything.”**

**Jacob wrestling God fights for us**

**“Step out of the traffic! Take a long,  
loving look at me, your High God,  
above politics, above everything.”  
Jacob-wrestling God fights for us,  
God-of-Angel-Armies protects us.**

**Psalm 46 (MSG)**

# **Psalms 46:7,11**

**Jacob-wrestling God fights for us,  
God-of-Angel-Armies protects us. (MSG)**

**Yahweh Armies is with us;  
Jacob's God is a tower for us. (Goldingay)**

**The Lord Almighty is with us;  
the God of Jacob is our fortress. (NIV)**

**The Lord of hosts is with us;  
the God of Jacob is our refuge. (NRSV)**

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Psalm 46:10

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Psalm 46:10 ▾ New International Version ▾

**10** He says, "Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth."



[Read full chapter](#)

[Psalm 46:10 in all English translations](#)



- KJ21 Be still, and know that I am God; I will be exalted among the heathen, I will be exalted on the earth.
- ASV Be still, and know that I am God: I will be exalted among the nations, I will be exalted in the earth.
- AMP "Be still and know (recognize, understand) that I am God. I will be exalted among the nations! I will be exalted in the earth."
- AMPC Let be *and* be still, and know (recognize and understand) that I am God. I will be exalted among the nations! I will be exalted in the earth!
- BRG Be still, and know that I *am* God: I will be exalted among the heathen, I will be exalted in the earth.
- CSB "Stop fighting, and know that I am God, exalted among the nations, exalted on the earth."
- CSBA 'Stop fighting, and know that I am God, exalted among the nations, exalted on the earth.'
- CEB "That's enough! Now know that I am God! I am exalted among all nations; I am exalted throughout the world!"
- CJB To the ends of the earth he makes wars cease — he breaks the bow, snaps the spear, burns the shields in the fire.
- CEV Our God says, "Calm down, and learn that I am God! All nations on earth will honor me."
- DARBY Be still, and know that I am God: I will be exalted among the nations, I will be exalted in the earth.
- DRA The princes of the people are gathered together, with the God of Abraham: for the strong gods of the earth are exceedingly exalted.
- ERV God says, "Stop fighting and know that I am God! I am the one who defeats the nations; I am the one who controls the world."
- EASY He says, 'Be still and quiet! Understand that I am God. I rule as king over the nations. All the world will say that I am great.'
- EHV "Be still, and know that I am God. I will be exalted among the nations. I will be exalted on the earth."
- ESV "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"
- ESVUK "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"
- EXB God says, "Be still and know that I am God. I will be ·praised [exalted] in all the nations; I will be ·praised [exalted] throughout the earth."
- GNV Be still and know that I am God, I will be exalted among the heathen, *and* I will be exalted in the earth.
- GW Let go ⌋ of your concerns ⌋! Then you will know that I am God. I rule the nations. I rule the earth.
- GNT "Stop fighting," he says. "and know that I am God, supreme among the nations, supreme over the world."

# **Psalms 46:10**

**Stop fighting, and know that I am God, exalted among the nations, exalted on the earth. (CSB)**

# **Psalms 46:10**

**Stop fighting, and know that I am God, exalted among the nations, exalted on the earth. (CSB)**

**Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. (KJV)**

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**Stop fighting, and know that I am God, exalted among the nations, exalted on the earth. (CSB)**

**Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. (KJV)**

**Stand silent! Know that I am God! I will be honored by every nation in the world! (TLB)**

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**Stand silent! Know that I am God! I will be honored by every nation in the world! (TLB)**

**“Cease *striving* and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” (NASB1995)**



EVERYTHING HAPPENS WITH KATE BOWLER

JAN 7

## Trying to Try

In Defense of Limited Agency (and another year of being human)

KATE BOWLER · 6 MIN READ



**Trying to try acknowledges that sometimes the most a person can do is remain oriented toward life without being able to act decisively within it. It honors effort without requiring progress. It allows for days when survival counts as participating.**

# **Psalms 46:10**

**Stop fighting, and know that I am God, exalted among the nations, exalted on the earth. (CSB)**

**Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. (KJV)**

**Stand silent! Know that I am God! I will be honored by every nation in the world! (TLB)**

**“Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” (NASB1995)**

**Be quiet and know that I am God. I will be honored among the nations. I will be honored in the earth. (NLV)**

# **Psalms 46:10**

**Stop fighting, and know that I am God, exalted among the nations, exalted on the earth. (CSB)**

**Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. (KJV)**

**Stand silent! Know that I am God! I will be honored by every nation in the world! (TLB)**

**“Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” (NASB1995)**

**Be quiet and know that I am God. I will be honored among the nations. I will be honored in the earth. (NLV)**

**If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.**

**2 Chronicles 7:14**

**If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.**

**2 Chronicles 7:14**

**Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.**

**John 14:27**

**Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty**

**“Because he loves me,” says the Lord, “I will rescue  
him;**

**I will protect him, for he acknowledges my name.  
He will call on me, and I will answer him;**

**I will be with him in trouble,  
I will deliver him and honor him.**

**With long life I will satisfy him  
and show him my salvation.”**

**Psalm 91:1, 14-16**

Take a few moments to unpack and envision this idea for yourself:

*When I can't change the world, I can sit in the gaze of God's love. From there I can rise to take my best, most faithful, hopeful and loving stand in our broken world.*

What does it feel like to sit in the gaze of God's love?

What do you think your best, most faithful stand in our broken world could look like?



Lingering

with God

In Times of Turmoil