

AIC  
Summer In Psalms - Psalm 46  
"Be Still"

**What does it take for you to be still?**

*"There is nothing wrong with entertainment. As some psychiatrist once put it, we all build castles in the air. The problems come when we try to live in them."*

**- Amusing Ourselves to Death, Neil Postman**

**<S>***"I don't have anything left to prove but a lot to accomplish,"* Curry told Malika Andrews. *"I still feel like that's the only motivation; how much can you get out of the game."* -Steph Curry interviewed on ESPN by Malika Andrews.

*"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth"*                      - Ps 46:10

Vs 2-3

Vs 6

Vs10-11

We can train ourselves to **Be Still** by practicing **Sabbath rest**.

For the Daily Routines of Famous Creatives graphic shared:

[https://www.visualcapitalist.com/cp/daily-routines-famous-creatives/?utm\\_source=ActiveCampaign&utm\\_medium=email&utm\\_content=On+the+Rise%3A+Major+Historical+Figures+Who+Weren+t+Workaholics%2C+Religious+Fluidity%2C+and+the+Decision+to+Pass+on+the+Beatles&utm\\_campaign=6%2F2+-+On+the+Rise+%2322](https://www.visualcapitalist.com/cp/daily-routines-famous-creatives/?utm_source=ActiveCampaign&utm_medium=email&utm_content=On+the+Rise%3A+Major+Historical+Figures+Who+Weren+t+Workaholics%2C+Religious+Fluidity%2C+and+the+Decision+to+Pass+on+the+Beatles&utm_campaign=6%2F2+-+On+the+Rise+%2322)

**Final question: What does it take for you to be still?**