Day 36: April 17
"Be silent, all flesh, before the LORD; for He is aroused from His holy habitation."
-Zechariah 2:13

Day 37: April 18
"Therefore be patient, brethren, until the coming of the LORD. The farmer waits for the precious produce of the soil, being patient about it, until it gets the early and late rains."
-James 5:7

Day 38: April 19
"The LORD is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for His name’s sake." -Psalm 23:1-3

Day 39: April 20
"The LORD favors those who fear Him, those who wait for His lovingkindness." -Psalm 147:11

Day 40: April 21
"Teach me, and I will be silent; And show me how I have erred." -Job 6:24

Day 41: April 22
"All the days of my struggle I will wait until my change comes." -Job 14:14b

Day 42: April 23
"The LORD will fight for you while you keep silent." -Exodus 14:14

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' The LORD Almighty is with us; the God of Jacob is our fortress."
-Psalm 46:10-11
"Be still, and know that I am God."

In Psalm 46:10-11, we are commanded to be still and know that He is God. When we are still before God, we know Him more and know His voice because we quiet our minds to hear Him. Being separated from life’s distractions, Elijah was able to hear from God through a still small voice (Isaiah 19:11-13). In Luke 10:41-42, Mary was commended for just sitting at Jesus’ feet, listening to Him, hearing Jesus’ words.

We also know that when we wait on God, our strength will be renewed (Isaiah 40:31). How many of us are tired or burnt out, but don't take the time to wait on God for renewal? During these next 42 days, let's take the time to be still and know that He is God. Let's wait on God to be renewed.

**Practicing stillness**

Being still and waiting on God takes practice. As we practice each day, we will improve at it. Here are some tips on how to practice stillness and waiting on God:

- Set apart some time each day to be alone with God
- Find a quiet area where you won't be interrupted
- Turn off any distractions like your cell phone, the television, mp3 players, twitter alerts, etc.
- Sit in a comfortable position. You can close your eyes or take deep breaths if it helps you to focus.
- Meditate on the scripture of the day. Ask God to clear your mind and help you to focus on Him.
- Be open to hearing from God. Write down anything you hear from God in the lines provided in this guide
- Make sure that what you are hearing from God lines up with the Bible. If you have questions, ask your small group leader or another leader in the church.

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**Day 29: April 10**

"As the deer pants for the water brooks, so my soul pants for You, O God. My soul thirsts for God, for the living God; When shall I come and appear before God?" -Psalm 42:1-2

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**Day 30: April 11**

"And you will know that I am the LORD; Those who hopefully wait for Me will not be put to shame."

-Isaiah 49:23b

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**Day 31: April 12**

"For from days of old they have not heard or perceived by ear, nor has the eye seen a God besides You, who acts in behalf of the one who waits for Him."

-Isaiah 64:4

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**Day 32: April 13**

"Do not say, 'I will repay evil'; Wait for the LORD, and He will save you."

-Proverbs 20:22

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**Day 33: April 14**

"Wait for the LORD and keep His way; And He will exalt you to inherit the land; When the wicked are cut off, you will see it."

-Psalm 37:34

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**Day 34: April 15**

"My soul languishes for Your salvation; I wait for Your word."

-Psalm 119:81

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**Day 35: April 16**

"He who tends the fig tree will eat its fruit, And he who cares for his master will be honored."

-Proverbs 27:18

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For the online version, resources, and more, check out: http://la.newsong.net/42days
Day 22: April 3
"Gathering them together, He commanded them not to leave Jerusalem, but to wait for what the Father had promised, 'Which,' He said, 'you heard of from Me;'" -Acts 1:4

Day 23: April 4
"I wait for the LORD, my soul does wait, And in His word do I hope. My soul waits for the LORD more than the watchmen for the morning; Indeed, more than the watchmen for the morning." -Psalm 130:5-6

Day 24: April 5
"Therefore the LORD longs to be gracious to you, And therefore He waits on high to have compassion on you. For the LORD is a God of justice; How blessed are all those who long for Him." -Isaiah 30:18

Day 25: April 6
"And so, having patiently waited, he [Abraham] obtained the promise." -Hebrews 6:15

Day 26: April 7
"And now Lord, for what do I wait? My hope is in You." -Psalm 39:7

Day 27: April 8
"Let integrity and uprightness preserve me, For I wait for You." -Psalm 25:21

Day 28: April 9
"Indeed, none of those who wait for You will be ashamed; Those who deal treacherously without cause will be ashamed." -Psalm 25:3

Day 1: March 13
"My soul waits in silence for God only; From Him is my salvation. He only is my rock and my salvation, My stronghold; I shall not be greatly shaken." -Psalm 62:1-2

Day 2: March 14
"Behold, as the eyes of servants look to the hand of their master, As the eyes of a maid to the hand of her mistress, So our eyes look to the LORD our God, Until He is gracious to us." -Psalm 123:2

Day 3: March 15
"Are there any among the idols of the nations who give rain? Or can the heavens grant showers? Is it not You, O LORD our God? Therefore we hope in You, For You are the one who has done all these things." -Jeremiah 14:22

Day 4: March 16
"Lead me in Your truth and teach me, For You are the God of my salvation; For You I wait all the day." -Psalm 25:5

Day 5: March 17
"For Your salvation I wait, O LORD." -Genesis 49:18

Day 6: March 18
"Our soul waits for the LORD; He is our help and our shield." -Psalm 33:20

Day 7: March 19
"My soul, wait in silence for God only, For my hope is from Him." -Psalm 62:5
Day 8: March 20
"Yet those who wait for the LORD will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary."
-Isaiah 40:31

Day 9: March 21
"And it will be said in that day, 'Behold, this is our God for whom we have waited that He might save us. This is the LORD for whom we have waited; Let us rejoice and be glad in His salvation.'" -Isaiah 25:9

Day 10: March 22
"Because of his strength I will watch for You, For God is my stronghold. My God in His lovingkindness will meet me; God will let me look triumphantly upon my foes." -Psalm 59:9-10

Day 11: March 23
"I waited patiently for the LORD; And He inclined to me and heard my cry."
-Psalm 40:1

Day 12: March 24
"Wait for the LORD; Be strong and let your heart take courage; Yes, wait for the LORD." -Psalm 27:14

Day 13: March 25
"But as for me, I will watch expectantly for the LORD; I will wait for the God of my salvation. My God will hear me." -Micah 7:7

Day 14: March 26
"Therefore, return to your God, observe kindness and justice, and wait for your God continually."
-Hosea 12:6

Day 15: March 27
"Rest in the LORD and wait patiently for Him; Do not fret because of him who prospers in his way, because of the man who carries out wicked schemes." -Psalm 37:7

Day 16: March 28
"I will give you thanks forever, because You have done it, and I will wait on Your name, for it is good, in the presence of your godly ones." -Psalm 52:9

Day 17: March 29
"The eyes of all look to You, and You give them their food in due time. You open Your hand and satisfy the desire of every living thing."
-Lamentations 3:25

Day 18: March 30
"For evildoers will be cut off, but those who wait for the LORD, they will inherit the land." -Psalm 37:9

Day 19: March 31
"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
-Psalm 46:10

Day 20: April 1
"The LORD is good to those who wait for Him, To the person who seeks Him." -Lamentations 3:25

Day 21: April 2
"For we through the Spirit, by faith, are waiting for the hope of righteousness." -Galatians 5:5