

# Finding Stillness in the Midst of Pressure

Certain times of the school year bring added pressure. For many educators, testing season is at the top of that list. Months of hard work come down to a few intense days. Teachers and administrators hope their efforts have made an impact so that students will do their best to show what they know. It can be a stressful time. While it may not be a literal battle, there are moments when it can feel that way.

Throughout the Psalms, we see God's people face situations far more intense. They encountered real battles, deep uncertainty, and overwhelming circumstances. Despite it all, they learned how to turn to God and what it meant to trust Him. As you walk through this testing season, take a few moments to pause and let God's Word center your heart and remind you of your source of strength.

[Read Psalm 46:1-3.](#)

***How is God described in verse 1? How does this impact their fear?***

When the truth of 46:1 settles in, fear loses its grip. While pressure may remain, it no longer has the final say. We must remember that we do not walk alone. We do not have to carry the weight of difficult seasons alone. ***Where do you feel the most pressure right now, and how can you intentionally trust God with that area today?***

[Read Psalm 46:4-7.](#)

***While these verses may not seem very applicable today, what do they express about the character of God?***

These verses remind us that God is steady and present, even when everything around us feels uncertain. He is in control, and He brings peace in the midst of chaos. During a testing season that can feel rushed and stressful, this is a powerful reminder. God is not shaken by what feels overwhelming to us. He is with us in our schools and in our classrooms. ***How should knowing that God is present and in control impact the way that we walk into our schools each day?***

[Read Psalm 46:10.](#)

The Psalmist issues two charges to the reader. ***What are they? What might that look like for you?***

In the middle of a busy and often stressful day, Psalm 46:10 reminds us to pause and remember who is truly in control. Being still does not mean we do nothing. Being still is about surrender, releasing the need to manage everything on our own. God is present in every moment that feels overwhelming. The same God who brings peace in chaos is with you, offering calm and clarity when you need it most.

*Lord, in the middle of busy and stressful moments, help me remember that You are my refuge and strength. When I feel pressure rising, teach me to be still and trust You. Fill me with Your peace, patience, and self-control so that my students see You in me. Remind me that I do not have to carry this on my own. You are here, and You are enough. In Jesus' name, amen.*

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