

BE STILL

Psalm 46:10

3-14-2020

When Pastor Paul asked me last week if I'd preside at today's service I thought, well I'll just repurpose an old sermon. But then I got to thinking about that and I just couldn't bring myself to do that. So, then I thought this might be an opportunity to share some thoughts on one of my favorite passages in Scripture...Psalm 46:10.

I love verse 10...but prior to this verse, the psalm writer has been bragging about God for the preceding nine verses. The writer is telling us that no matter what, God is always there to walk beside us and be there to help us no matter what may come our way. The Lord Almighty is with us, the writer says. And so, we are learning all sorts of things about our God...His continual presence in our lives...His power...

And then comes verse 10 and God takes over and He says these eight powerful words, "Be still and **Know** that I am God."

At first it sounds like God is saying to us to just remember to be quiet and contemplate the fact that He is God. Find that quiet place in order to push out all our cares so

we can experience Him in our mind and soul. And, certainly, that's a part of it as we probably need to set aside time to invest in that more often...But if we really dig around in this passage, we just might find something a bit more profound, a bit more helpful and meaningful .

When all is going well for us, it's easy to be still...It's easy to be calm...It's easy to be thankful for all God has done for us...it's easy to feel energized by God's Word. But what about those times when life is falling apart? What about those times when shadows block out the Son (That's spelled S...O...N) Well, then, it's not so easy to be still. It's not so easy to be calm.

Sometimes it's even difficult to remember that God is God. We want to do more...we want God to do more. We want to be in control, and we want things to speed up. We want some quick fix to our problem...to our situation. Ah, but it's **then** that God comes to us and says to us in that still small voice, shhh, "Be still and **know** that I am God."

He comes to us just when we need Him the most...and tells us we just need to stop in the middle of chaos...We need to stop when trouble comes our way... we need to quiet ourselves before God...We need to quiet our

soul...We need to slow down ...we need to stop spinning around and spend time at the foot of Jesus, in quiet submission...waiting on Him. We need to pray, open our hearts and wait and see what He has for us in the midst of our storm and ask what He wants us to learn.

In verse two in this amazing Psalm we are told that God is with us whether in natural storms or manmade storms or storms of our own making, and because of that we are told “Therefore we will not fear.” Of course, we will feel fear at times, but the difference is that under that fear, “God IS our refuge and strength.” He IS our Rock...He IS our safe place. He IS our peace...He IS our confidence.

God is our safe place and we can go to Him in times of crisis. *In times of crisis>>>* Crisis...that’s an interesting word. In our western culture we tend to think of a crisis as something terrible...something that may threaten our very being...something to be avoided if we can.

However, in Eastern thought, particularly in Chinese culture, if we take the Chinese characters that we would translate as CRISIS and translate them literally it would mean *DANGEROUS OPPORTUNITY*.

So as we may sometimes wonder where God is in the midst of our crises, He is saying to us BE STILL...Be still and as you turn everything over to ME I will show you that I am your safe place...when you turn it all over to Me I will show you that I am there with you...I will show you an opportunity in the middle of your chaos and crisis. It may be about faith...it may be about healing of body or soul...it may be about direction for your life.

But He says, if you keep trying to do it YOUR way, you will miss ME and I don't want you to miss ME. HE says to us, "BE still and know that I am your God" now and forever.

Will you pray with me?

Heavenly Father, we rest our souls before you. In the quietness of this moment, help us to give every anxiety to you. Help us to trust you with the troubles that come our way: some self-generated and some generated by others or factors beyond our control. Help us to remember that you ARE there...you CAN calm our soul...and you CAN deliver us as we trust in you. Our world needs you as well, so we ask for your help for those around us. In your Son's name we pray.

AMEN