“Be Still, And Know That I Am God”
Psalm 46:10

“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 NIV)

PRAYER

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INTRODUCTION

IN MUSIC they are called rests……”intervals of silence.”

IN A PLAY OR A CONCERT it is called an intermission.

IN SPORTS it is called halftime.

IN A STORM it is called the calm.

ON AN INTERSTATE HIGHWAY it is called a rest stop.

IN THE BOOK OF PSALMS it is called SELAH…..the moment of pause.

There was a time when “stillness” was much easier to find than it is now.
Many of us live life at a very hectic pace. Every day we “hit the ground running.” We have places to go……people to see……things to do……a list to check off……phone calls to make. And it seems as though we are constantly meeting ourselves coming and going.

Technology was supposed to have made our lives much simpler, instead our lives have become much more complex.

In his book, TIMELOCK: How Life Got So Hectic and What You Can Do About It, author Ralph Keyes gives us an insightful look at how modern technology has complicated our lives.

One way we try to ease time pressure is with modern conveniences. Last year alone over 13,000 new products hit the market.. Too often, however, such labor-savers consume more time than they save. By simplifying chores, appliances encourage us to do more of them. Power mowers give us less excuses for not cutting the grass. Blow dryers let us wash our hair daily. Dustbusters make it possible to suck dirt regularly from spaces vacuum cleaners can't reach. Washer-dryers allow us to do laundry constantly rather than weekly.

Nearly every study of time spent doing chores has reached the same conclusion: labor-savers relieve drudgery and speed tasks, but on balance our lives are just as hectic and complicated, if not more so. We may no longer haul water, split wood, trim wicks, clean lamps, boil clothes, feed horses or bake bread. We do chauffeur kids, fight traffic, stand in supermarket lines, fend off telemarketers, decipher manuals, and repeatedly try to figure out how to re-set the digital clocks on our many conveniences.

One way in which modern technology allows us to do more is by eliminating "unnecessary" delays: to boil water, wind a watch, or put paper in the typewriter. Taken together such vanishing pauses deprive us of opportunities to catch our breath. No wonder the pace of life feels breathless.

TIMELOCK: How Life Got So Hectic and What You Can Do About It
By Ralph Keyes
Amazon Books
In the midst of this hectic, frenzied, world in which we live, GOD invites you and me to a place few of us seldom find, a place of STILLNESS.

“Be still and know that I am God.”

For just a few minutes, let’s explore the riches in this wonderful verse of scripture.

First let’s consider those two words:

I. BE STILL

1. We know what “BE STILL” means when we use it, don’t we?

*Let’s say one of your kids is acting up during Church. You might lean over to them and whisper, “If you don’t be still I’m going to take you out and spank you.”

*Or let’s say you are talking on the telephone and your kids or grandkids are screaming and hollering. You might put your hand over the telephone receiver and holler, “Would you kids BE STILL!”

*Or suppose you have paid good money to see a movie in a theater and a group of people behind you are talking so loudly you can’t hear the movie. After awhile you might turn around and say, “Would you please be still!”
ILLUSTRATION

Years ago our son, Seth’s basketball team was playing in the State Basketball Tournament for Independent High Schools.

During the first half of that tournament game, the aunt of one of the players on our team became vocally boisterous and critical of our own players for the way they were playing. I was sitting about ten rows in front of this woman and yet she was so loud I could hear everything she said.

Nothing our team did could suit this woman. If they missed a shot, she would holler at the player by name. If they made a bad pass or fouled another player, she would holler. If her nephew wasn’t in the game she would holler at the coach to put him in. If he was in the game and the coach took him out she would holler at the coach for putting him on the bench.

After making one nasty comment after another, I finally got my fill of it. I stood up…..turned around, and said, “Lady (and I use that term “loosely”) would you please BE STILL! If you can’t cheer our team on then just don’t say anything!”

When I turned around and sat back down I could literally feel that woman’s eyes burning a hole in the back of my head.

2. Well we know what “BE STILL” means to us. But what does God when He tells us to “Be still” in this 10TH VERSE?

The term “BE STILL” comes from the Hebrew word, raphah, which has several different meanings. But the way BE STILL is used in this verse literally means……

“be weak.”
3. Many of us wear ourselves out in life trying to carry the weight of the whole world on our own shoulders.

   We try to “fix” everybody’s problems.

   We try to “change” the way people think …..the way people act and the way they live their lives.

   In other words, many of us are guilty of trying to do GOD’S JOB FOR HIM.

So when GOD says, “BE STILL,” He is saying to us, “Stop trying to do My job for Me!” RELAX…… LET GO……..GIVE IT UP……CEASE STRIVING!

**BE STILL!**

Now let’s shift our attention to the second part of this wonderful command:

**II. BE STILL…..AND KNOW THAT I AM GOD**

1. What is God inviting us to do here?

   (A) First of all, GOD is inviting me to **TRUST** in Him.

   “**Be still and KNOW THAT I AM GOD.**”

   Does it ever seem to you that this world is spinning out of control?

   It seems as though every where we turn we see nothing but chaos and disorder.
-There is chaos in our government.
-There is chaos in our judicial system.
-There is chaos in our financial system.
-There is chaos in our educational system.

Our future as a nation, which once seemed certain, now is clouded in doubt and uncertainty.

And when you look at everything that is going on in this country as well as the rest of the world, it is very easy to become anxious and fearful.

But then God gently reminds us to: “Be still and know that I am God!”

.........TRUST IN ME!
.........I AM STILL GOD!
.........I AM STILL ON MY THRONE!
.........I HAVEN’T DIED!
.........I HAVE EVERYTHING UNDER CONTROL!
.........EVERYTHING IS GOING ACCORDING TO MY PLAN!

Don’t be anxious! Don’t be afraid! Don’t lose heart!

Be still……Be still……AND KNOW THAT I AM GOD!

(B) Secondly, GOD is inviting me to TAKE TIME with Him.

Be still and KNOW that I am GOD!

One of the biggest enemies of our prayer life is that many of us have a hard time disciplining ourselves to BE STILL long enough to spend time in GOD’S PRESENCE each day.
Our lives are often driven by those things that seem URGENT rather than those things that are truly important.

…….”I’ve got to do this” and “I’ve got to do that.”
…….”I’ve got to get this done” and “I’ve got to get that done!”
…….”I’ve got to go here!” and “I’ve got to go there!”
…….”I’ve got to make this phone call” and “I’ve got to make that phone call.”
…….”I’ve got to keep this appointment” and “I’ve got to keep that appointment.”

Is it possible that in our pursuit to do all those things that seem urgent, we neglect the things that are truly important?

The only way we can truly ever come to know GOD in a close, intimate way is to learn the secret of BEING STILL in His presence.

And when you and I learn the secret of BEING STILL in the presence of GOD it has a way of bringing peace and calm to our troubled soul no matter what’s going on around us.
CONCLUSION

As we close tonight, I want you to just close your eyes for a few moments.

For just a few moments let’s BE STILL in the presence of GOD.

-For just a few minutes forget about what you’re going to do after Church this evening. Forget about the things you have to get done this week. Forget about anything that is troubling you or bothering you.

And think only on the greatness of GOD!

*O troubled soul, beneath the rod,*  
*Your Father speaks, “Be still, be still.”*  
*Learn to be silent before God,*  
*And let Him mold you to His will.*

*O praying soul, be still, be still,*  
*He cannot break His promised word;*  
*Sink down into His blessed will,*  
*And wait in stillness on the Lord.*

*O waiting soul, be still, and be strong,*  
*And though He tarry, trust and wait,*  
*Doubt not, He will not wait too long,*  
*Fear not, He will not come too late.*

*Be still, be still……and know that I am God!*
Through thorny ways leads to a joyful end.

Be still, my soul: thy God doth undertake
To guide the future, as He has the past.
Thy hope, thy confidence let nothing shake;
All now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
His voice Who ruled them while He dwelt below.

Be still, my soul: when dearest friends depart,
And all is darkened in the vale of tears,
Then shalt thou better know His love, His heart,
Who comes to soothe thy sorrow and thy fears.
Be still, my soul: thy Jesus can repay
From His own fullness all He takes away.

Be still, my soul: the hour is hastening on
When we shall be forever with the Lord.
When disappointment, grief and fear are gone,
Sorrow forgot, love’s purest joys restored.
Be still, my soul: when change and tears are past
All safe and blessèd we shall meet at last.