

### "BE" Still

We find these words "Be still, and know that I am God" in Psalms 46:10. We are called to be still and recognize God! Do people do that in this crazy hectic world we live in? I believe that this is why so many people's lives are chaotic and out of control. They have not stood still and recognized who God is and his power for our lives. Let's look at Psalm 46

Verse 1 starts out by telling us that God is our refuge and strength, that He is always there no matter what trouble may come. Verses 2-3 talk about this trouble, when life is really chaotic and out of control, when things aren't going well, when the waves of life are crashing in on us. Be Still and trust in God who is our refuge and strength. He gives us refuge from the storm and strength to with stand the troubles.

In verses 4&5 we learn about a river that is not out of control but is a calm place in the presence of God. It is where we can go to meet with God, when we are still and meet with God then we can find the peace of the river rather than the crashing waves. This person will not falter, because God is with them and God will help in the break of day. After the night of the storm of our life it says that when the storm breaks, the light comes back, God is there in the storm and the calm.

Verse 6 explains the world – the world because of sin is in a constant uproar, in the midst of the chaotic world in which we live we need a place of safety which is what we get in the next verse. Verse 7 reminds us again that "The Lord Almighty is with us, he is our fortress!" A fortress was a place that the people went to be protected in times of trouble. When we experience times of trouble, uncertainty, or chaos in our lives we need to go to God our fortress.

Verses 8-9 remind us of the power of our God. As we look back over history and as we read of the stories of God's intervention in the Bible we get a glimpse of the power of God. So whatever war is going on around you, God is bigger.

How do we experience this peace in this chaotic world? How do we know that God is going to protect you in times of trouble? Verse 10 gives us the answer – "Be still, and know that I am God" In order to know this peace in times of trouble we must get to know the peace maker. Stopping in this crazy world and get to know God, what he has done for his people and those who have loved Him in the past, will show us that God is in control and does protect. When we stop and reflect on God and who He is and what He has done then we can have a calm confidence in Him who gave us His Son. This calmness does not come from a lack of troubles, it comes when we stop and reflect on the ways God has intervened in history on behalf of his people.

We must find times to "Be Still" before God and reflect on His greatness and power and the ways God has worked in the past. If we don't ever stop to be still and get to know God then we will be constantly battling this world on our own! Many times the troubles and uncertainty of this world will overwhelm us. It will seem too much for us to handle. So let us be still and reflect on what God has done in the past and have confidence that he will protect and provide in the future.

**Read Exodus 13:17 – 14:31 – To read about the Israelites bad situation and how God rescued them.**

**Read Exodus 16 – The people were without food, God provided.**

**Read Exodus 17:1-7 – The people were without water, God provided.**

**These are just a couple of ways that God took care of His people in uncertain times and times of trouble. There are plenty of other examples in Scripture.**