

☞ **Be Still and Know**

Psalm 46:10-11

¹⁰ Be still, and know that I *am* God; I will be exalted among the nations, I will be exalted in the earth! ¹¹ The Lord of hosts *is* with us; The God of Jacob *is* our refuge. *Selah*

“Shut up and listen.”

Back in the 1700s and 1800s there were more churches than preachers and a Circuit Rider would travel on horseback from congregation to congregation. One Circuit Rider was out riding one afternoon and came upon a man working in his field. Thinking to start a conversation and invite the man to church, the preacher called out: "Fine day isn't it?" "It's fine for you", the man replied, "All you have to do is ride around on that horse thinking about God all day long, while I have to sweat here in this field and then walk home afterward. I don't think it's right you should have things so easy while I have to work so hard." The preacher responded: "You're right. You do work hard in the fields and I admire that, but you need to realize that the kind of work I do is a work of a different kind." "Yeah, sure", the man answered. "But it's not really work. All you do is ride around thinking about God all the time. That's not hard." "Oh, but it's harder than you think", the minister answered. And then a thought occurred to him: "I tell you what. Just to prove to you how difficult it can be to 'think about God' - if you can think about God and nothing else for 1 minute... I'll give you my horse." "You can't be serious," said the farmer. But the preacher assured him he was. "You're on", said the man and immediately he sat down in silence. Ten seconds went by... then 20 seconds... then 25 seconds. About then, the farmer looked up at the minister, and said, "Does that include the saddle?"

People seem to be afraid of silence. They do anything to fill their lives with noise and avoid the emptiness. A person will step into their car, start the engine, and the radio will immediately come on filling the car with sound. Some people turn on the TV first thing in the morning and leave it on all day long. And then there are people who walk or run in town, and they've got ear buds listening to something. There's music and all kinds of noise that bombards us everywhere we go. At department stores; At malls; In restaurants; At the grocery; Even in elevators. People seem to feel the need to fill every waking moment with noise. It's like they can't stand to be around silence. But God says "Be still and know that I am God." What can that mean to us and how can we go about doing it?

☞ **Be still – let go; relax; withdraw; be quiet**

Let go; relax – take a break from trying to fix everything and just listen to God
Jesus withdrew to lonely places – alone time is good for focusing on God
Be quiet – God speaks in a still small voice; God whispers; shut out all other noise

It is significant how all the greatly inspired men were trained in the school of silence. Moses was hidden away forty years in the loneliness of sheep pastures, and again forty

days on Mt. Sinai, and when he came down his face shone. Ezekiel, went by the way of the river alone. Isaiah saw the King in His beauty when no one was with him. Daniel was accustomed to go into the quiet of his chamber three times a day. Paul spent three lonely years in Arabia. John went to Patmos before he could write the Book of Revelation. It seems they needed that alone time with God before they could do what he called them to do. Be still.

Exodus 14:14

The Lord will fight for you; you need only to be still.

Psalms 37:7-8

Be still before the Lord and wait patiently for him; do not fret...

Isaiah 30:15

This is what the Sovereign Lord, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength..."

Most parent's kids occasionally sit in their laps. Sometimes a child will come and sit there and chatter away. Sometimes they'll ask for things. But every once in a while, a child will crawl up into their parent's laps and just sit there. They don't want anything. They don't even want to talk about anything. They just want to be with you. Sit with you. Just be held by you. You'd do anything for that child. You might give them whatever they want. But there's nothing like the feeling of having a child that just wants to be with you. That one action says I LOVE you. I TRUST you. I feel SAFE with you. Now when people pray – what do they usually do? That's right, they ask God for things. And there's nothing wrong with that. God tells us we don't receive because we don't ask (James 4:2). But, can you imagine what it must be like for God, when one of His children just wants to be with Him. When a child of God just comes to Him and wants nothing more than to silently sit in His "lap"?

☞ **Know** – perceive; discern; **know by experience**

Psalms 100:3

Know that the Lord is God...

When God calls us to be still... He's NOT asking us to do nothing. He's NOT asking us to focus on nothing. If you don't fill yourself with God, something else will take His place. And YOU WILL NOT like the end result. So be still AND know that he is God.

Be still long enough to know you've connected with God

Spend time with him to really get to know him; how he speaks; how he directs

Pay attention to circumstances to see what God is up to

I am God – Elohim; the true God; the ruler; the judge

Remember who God is...

☞ **Jehovah-Jireh** - "The-LORD-Will-Provide"
Jehovah-Nissi - "The-LORD-Is-My-Banner"
Jehovah-Shalom - "The-LORD-Is-Peace"
Jehovah-Shammah - "The-LORD-Is-There"
Jehovah-Tsebaoth - "The-LORD-of-hosts or LORD Almighty"
Jehovah-Ropheka – "The LORD that heals you"
Jehovah-Mekaddish – "The LORD who makes holy"
Jehovah-T'sidkenu – "The LORD our righteousness"
Jehovah-Elyon – "The LORD most high"
Jehovah-Roi – "The LORD my Shepherd"

Psalms 100:3

Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.

I will be exalted among the nations I will be exalted in the earth

God is over and above all. Amongst all people of the earth, even the heathen, God will be raised up. The earth already proclaims his glory; but all people will join together one day soon...

Philippians 2:9-11

Therefore God exalted him to the highest place and gave him the name that is above every name, **10** that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, **11** and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

The Lord – YHVH; Yahweh; the self-existent one

This speaks of his power and authority. He's the one true God; he has all authority; he is in charge. He has life and being inherent in Himself. Everything else derives its being from Him. The Lord is the source of all existence and all reality. He is without beginning and without end because He always was, He is, and He always will be.

Of hosts – army of angels

They are ministering spirits sent to serve believers according to Hebrews 1:14. And, Psalms 34:7 says, "The angel of the Lord encamps around those who fear him, and he delivers them."

☞ **Is with us**

You are not alone.

Deuteronomy 31:8

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

John 14:16

And I will ask the Father, and he will give you another Counselor to be with you forever—the Spirit of truth.

Be still. Be quiet. Remember who God is. He is in control and you are not alone.

The God of Jacob is our refuge

Why not the God of Abraham, or Moses, or David or Daniel? Jacob was Abraham's grandson and the Bible does NOT display him as a greater than life hero.

--Dr. Harold J. Sala... When you think about the phrase, "the God of Jacob," you are talking about someone who was less than a role model, less than a benchmark, not exactly someone you would hold up as an example for your son to follow. When Jacob was absolutely desperate he turned to God, and God changed his life. I'm glad that God chose to be identified as "the God of Jacob," because if God could change Jacob's life, he can change yours and mine as well. It was the physical touch of the Almighty that changed Jacob's life, and when God changed his heart, He gave him a new name, Israel, the name borne by the nation today. That phrase, "The God of Jacob," is a window of hope, the assurance that your past isn't important when you cry out in desperation and God touches your life. It's still true.

Our refuge – high place; stronghold; defense

I've said many times before that God never promised we would have no troubles in this world. On the contrary, he said we would indeed have troubles. What he does promise, though, is to be **with us in all of our troubles**. He provides a refuge or stronghold for us. But in times of war, strongholds may still be attacked. However, if they are well built and well defended they will withstand the attack. God is the ultimate refuge. He will get you through whatever troubles you are facing.

Be still and know that he is God – get alone; let go; be quiet; focus on God; connect with him; and listen. (shut off the tv; silence the radio; put your phone away...)

☞ **He is the Lord who is in charge.** He is with you and watching over you with an army of angels serving him for your benefit. **He is a safe refuge for you no matter what you are**

facing. It doesn't matter how bad your past was; if you'll turn to God he will be with you. And, **he can change your situation.** He can even change your identity. Jacob became Israel. Simon became Peter. Saul became Paul. A shy, awkward boy who embarrassed easily and was intimidated by crowds became your pastor. Victims of abuse can become victorious in Christ. Liars can become lovers of God. The weak can become strong. Etc.

☞ It all starts with letting go and being quiet with God. **When you focus on him and see who he really is, he shows you who you can be.**

Selah – pause; rest; quiet

☞ **By Your Side – Tenth Avenue North**

Why are you striving these days? Why are you trying to earn grace?

Why are you crying? Let me lift up your face, just don't turn away.

Why are you looking for love? Why are you still searching as if I'm not enough?

To where will you go child? Tell me where will you run, to where will you run?

☞ **'cause I'll be by your side wherever you fall; In the dead of night whenever you call
And please don't fight these hands that are holding you; My hands are holding you**

☞ **Just be Held – Casting Crowns**

If your eyes are on the storm; You'll wonder if I love you still

But if your eyes are on the cross; You'll know I always have and I always will

And not a tear is wasted; In time, you'll understand

I'm painting beauty with the ashes; Your life is in My hands

So when you're on your knees and answers seem so far away

☞ **You're not alone, stop holding on and just be held**

Your world's not falling apart, it's falling into place

I'm on the throne, stop holding on and just be held

☞ **Be still and know that I am God**