

## “BE STILL”

### Be still and know that I am God. Psalm 46:10

- Context - Facing natural disasters (1-3)  
- Political chaos (4-9)
- How can we know God in the midst of terror, fears, uncertainty, exhaustion

### We know “about” God with our minds

- Information about Him
- Beliefs concerning Him

### We know (experience) God in our spirit.

#### BE STILL and be quieted by His love – Zephaniah 3:17

The LORD your God is with you,  
he is mighty to save.  
He will take great delight in you,  
he will quiet you with his love,  
he will rejoice over you with singing."

#### BE STILL and be contented by His provision – Psalm 131:2

But I have stilled and quieted my soul;  
like a weaned child with its mother,  
like a weaned child is my soul within me.

#### BE STILL and be renewed by His voice – 1 Kings 19:12, 13

After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Then a voice said to him, "What are you doing here, Elijah?"

#### BE STILL and be strengthened by His righteousness – Isaiah 32:17

The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever.

### How can we find the time and space for STILLNESS in our lives?

- Desire it
- Analyze your life rhythms – when do you find yourself alone?
- Rehearse in my mind the characteristics of God that you can celebrate
- Cease the mind-chatter and listen for His voice (most often impressions and words)
- Lock them in your heart as it is “quieted”