

# Be Still

Good evening and welcome to Refuel. Our topic for tonight's teaching is Be Still and our scripture reference is Psalm 46 if you would like to turn there. You will need your bible handy as I will be referring to several scriptures.

Anyone here watch the news? Does watching the news give you a calming spirit? I say that in a sarcastic manner because I Know the affect it has on me. Here are just some of the top News stories of recent days: (I'm sure you can think of many more)

1. The National debt is 28.5 Trillion national debt calculator
2. Iran's hardline president-elect Ebrahim Raisi says he will not meet with Biden
3. Vatican moves to tamp down spat with Italy over LGBT rights
4. China 'Cannot Be Stopped by Anyone,' Beijing Defense Official Warns U.S.
5. Christian converts put on trial in Iran for threatening state

"It states that 'any deviant education or propaganda that contradicts or interferes with the sacred Islamic shari'a, will be severely punished,"

How do some of these and other headlines make you feel?

These are just some of the daily news headlines and IF we allow ourselves to be drawn in we could become extremely anxious, possibly even angry over these issues.

So what are we to do besides shutting off the TV and not watching or listening to the news? Let's read;

Psalm 46:

1 God is our refuge and strength,  
an ever-present help in trouble.  
**2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,**  
**3 though its waters roar and foam and the mountains quake with their surging.**  
4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells.  
5 God is within her, she will not fall; God will help her at break of day.

6 Nations are in uproar; kingdoms fall; he lifts his voice, the earth melts.

**7 The Lord Almighty is with us; the God of Jacob is our fortress.**

8 Come and see what the Lord has done, the desolations he has brought on the earth.  
9 He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.

**10 He says, "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 Almighty is with us;  
the God of Jacob is our fortress.

Verse 10 sets the tone for tonight's lesson. "Be Still and Know that I Am God". A lot easier said than put into practice.

Think about this: The word be still — as in don't move, to let drop, abandon, relax, refrain, forsake

— it's not in our vocabulary. Stand still? Sit still? Lie still? Nope. Even when we sleep, we flip back and forth every two minutes, searching for a more comfortable position.

So when God says, "Be still," how do I react? Oh it's easy to Be Still when the sun is shining, there isn't any wind and everything in life is GOOD! Throw in a little Chaos and BAM . . . It's a different story. The words, "Be Still" may sound soothing, but I believe they're more of a gentle but firm reproof. It's as if God is saying to us, "Calm down", "That's enough!" In this Psalm, God is speaking to His chosen ones. Stop fighting and put your trust in Me, instead of your armies!

I know that we could all tell of a trial that we either just went through or are currently going through, that is causing us a little bit of uneasiness or even some anxiety. But That is NOT what Our Lord is telling us we should be feeling. He tells us to Be Still. But . . . Let me make an observation here: Being Still DOESN'T mean being Idle! We still need to be active in The Lord's work!

Let's take a look at the origin of this word.

The command to Be Still ( and may I point out that when God tells us to do something it IS a command, not a suggestion ) comes from the root Hebrew word (Rapa) meaning ,  
(to let drop, abandon, relax, refrain, forsake). A more modern definition could be  
" to cause ourselves to cease, to cause ourselves to be quiet and rest" as opposed to taking control of the situation ourselves. Also to release any Anxiety that we may have allowed to grip us!

If you have your bible let's turn to Exodus 14: 10-14 I will be reading from the NIV

Exodus 14: 10-14

**10** As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord. **11** They said to Moses, "Was it because there were no graves in Egypt that you brought us to the desert to die? What have you done to us by bringing us out of Egypt? **12** Didn't we say to you in Egypt, 'Leave us alone; let us serve the Egyptians'? It would have been better for us to serve the Egyptians than to die in the desert!"

**13** Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. **14** The Lord will fight for you; you need only to be still."

In the midst of the Egyptians baring down on the Israelites, they literally Freaked Out, and to be quite honest, I probably would have as well. But The Lord informed them that He would fight for them. The only thing they had to do at that time was to Be Still!

Okay, so what does Being Still accomplish? The second part of this command is, “And Know That I Am God “

When we allow ourselves to be weak, to cause ourselves to let go, we are surrendering in order that we may **Know** that He is God and that HE is in control! When we do this, we relinquish trusting in ourselves and invite God in and allow ourselves to experience His Sovereign Hand! It's only when we stop moving and stop striving that we can recognize the truth about God: **He is in control**. But what does it mean, To KNOW that He is God.

Satan and the demons know that He Is God . . .

The Hebrew word “know” (yada'), which is a common root in the Semitic languages, has a wide range of meanings depending upon the context in which the word is found. Like our word “know” in the English language, the Hebrew word can indicate mental knowledge, for instance, that a person “understands” or “has knowledge” of something, like when we say

“I know that 2 + 2 equals 4”. But the concept of “knowing” something or someone takes on a special and different meaning in the Semitic languages, and this specialized meaning has to do with a relationship, and primarily a relationship that is based upon the making of a covenant.

For instance: In the Bible, we can see how the Hebrew word “know” (yada') can have the meaning “enter into covenant together”

In Genesis 18:19. Many of the modern English translations (such as the NASB, NIV) substitute the word “chosen” in place of “Know” to translate yada' .

In this verse, God is speaking of Abraham Notice the word “know (yada) ’has been replaced with the word “chosen”. I will read the three versions and then the KJV.

(NASB) For I have chosen him, so that he may command his children and his household after him to keep the way of the LORD by doing righteousness and justice, so that the LORD may bring upon Abraham what He has spoken about him.”

(NIV) For I have chosen him, so that he will direct his children and his household after him to keep the way of the LORD by doing what is right and just, so that the LORD will bring about for Abraham what he has promised him.”

And now let me read the

KJV, For I know him, that he will command his children and his household after him, and they shall keep the way of the LORD, to do justice and judgment; that the LORD may bring upon Abraham that which he hath spoken of him.

Let's read;

1 Samuel 17: 40-50

**40** Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd's bag and, with his sling in his hand, approached the Philistine.

**41** Meanwhile, the Philistine, with his shield bearer in front of him, kept coming closer to David. **42** He looked David over and saw that he was little more than a boy, glowing with health and handsome, and he despised him. **43** He said to David, "Am I a dog, that you come at me with sticks?" And the Philistine cursed David by his gods. **44** "Come here," he said, "and I'll give your flesh to the birds and the wild animals!"

**45** David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. **46** This day the Lord will deliver you into my hands, and I'll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. **47** All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord's, and he will give all of you into our hands."

**48** As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. **49** Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell face down on the ground.

**50** So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him.

What do we learn from this passage?

David like Abraham KNEW that He, The Lord, Was God, and his faith was NOT in his own ability or in the sling and the stones, but in God . . . **45** David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied". Do we have that kind of faith? Can we "Be Still and Know that He is God". So let's bring this down to a personal level. What's going on in your life right now that has you a little anxious or unsettled? Is it too big for God to handle? We need to let go! I know, we agree and nod but we still hold on with both hands trying in our flesh to handle the situation. To that I say, "Rapa". "Be Still" and Know that He is God! Jesus is able to calm any storm or hardship that is going on in your life, right now.

What does it mean when God says that "I have known him"? He means, I have entered into a covenant relationship with Abraham." When we except Christ we too enter into a covenant relationship with God. God makes covenant with us for a promised land just as He did with Abraham, it's called heaven! A covenant requires both parties to perform their promises. We promise to love the Lord with all of our heart, mind and strength and to love our neighbor as ourselves. God promises to never leave us or forsake us, He provides and protects us according to His will.

At this point you might be saying, “I know He Is God” What’s this got to do with me? My answer to that is, “Do you and I Really Know That He Is God like David and Abraham did? David and Abraham give us an example of what it looks like when we Completely and Unequivocally Know that He Is God?” We should be striving to follow their example.

I’d like to conclude this evening’s lesson with some encouraging Scriptures that reaffirm to us that He is God:

Mark 4:39-41 He got up, rebuked the wind and said to the waves, “Quiet! **Be still!**” Then the wind died down and it was completely calm. He said to his disciples, “Why are you so afraid? Do you still have no faith?” They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

Psalm 107:28-29 Then they cried out to the LORD in their trouble, and he brought them out of their distress. He **stilled** the storm to a whisper; the waves of the sea were hushed.

Psalm 46:1-7 God is our refuge and strength, a great help in times of distress. Therefore, we will not be frightened when the earth roars, when the mountains shake in the depths of the seas, when its waters roar and rage, when the mountains tremble despite their pride.

**Sometimes we just need to stop everything and put our focus on the Lord.**

8. 1 Samuel 12:16 Now then, stand still and see this great thing the LORD is about to do before your eyes! Expect to see great things from the Lord!

9. Exodus 14:13 But Moses told the people, “Don’t be afraid. Just stand still and watch the LORD rescue you today. The Egyptians you see today will never be seen again.” All the things in our life and in the world that come against us will never be seen again when Jesus comes for His church!

In each of these instances, the people were afraid, anxious and upset. Freaking Out in today’s language, but in each circumstance, The Lord told them to do one thing . . . Be Still and watch what I do!

He is saying the same to us today! Is it easy to Be still? Not always in the midst of trials and hardships but God knew that! That’s why He told us in His Word to trust in Him. **Proverbs 3:3-6**. Tells us that if we keep our eyes on Him it will our increase faith.

Here are some verses that teach us how to do that!

15. Joshua 1:8 Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

16. Psalm 1:2-3 “but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers”.

If you find yourself anxious or afraid because of the things that are happening in our country or around the world today Just be still and give all your cares to the Lord. 1 Peter 5:6-7 Therefore humble yourselves under the mighty hand of God that He may exalt you in due time, casting all your care upon Him, for He cares for you. Try just being quiet and listening for that still small voice of God to give you the peace and faith He supply's. As a beloved child of God He promises us that peace. We just need to be still and watch what He will do.

There may be some of you watching this that have never experienced the kind of peace only God can give thru a covenant relationship with Him, let me give you some great news, you can have that right now. All you need to do is invite Jesus into your heart to be the Lord of your life and He will come and give you this incredible peace. Romans 10:8-12 But what does it say? “The word is near you, in your mouth and in your heart” (that is, the word of faith which we preach): that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. For the Scripture says, “Whoever believes on Him will not be put to shame. And again in Mathew 10:32-33 “Therefore whoever confesses Me before men, him I will also confess before My Father who is in heaven. “But whoever denies Me before men, him I will also deny before My Father who is in heaven.

Choose today to confess Jesus as Lord and allow Him to give you rest from the cares of this world.

Let's pray