

## **Be Still and Know that I am God (Psm 46:10)**

Psm 46:10 says, “Be still, and know that I am God! I will be praised among the nations; I will be praised in the earth.”

Usually we read this Psalm to remind us about the importance of pausing from our busy schedules and from the fast pace of life to remember the greatness of God. Over the years I have taught lessons from this Psalm to point out the need to slow down and think about the Lord.

Today I’m going to do some reverse engineering. Right now, many of us are not as busy as we once were. During this time of lockdown, we have a tremendous opportunity to really live out this Psalm. God could very well be saying to the world, “You need to be still and know that I am God.” Let’s look at a few scriptures that remind us to be still and listen to the voice of God.

### **I. Take time to Rest.**

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest" (Matt 11:28).

Isaiah 40:31 says that when we make time to rely on the Lord our strength is renewed. We will be able to SOAR like the eagle. We will have the STAMINA to run and not be weary. We can be STEADY in our walk and not faint.

In Mark 6:31, Jesus and the disciples were so busy that they didn’t even have time to eat. Jesus said to them, “Let’s get away from the crowds for a while and go to a quiet place and rest.”

### **II. Take time to be alone.**

Jesus began His earthly ministry by spending 40 days alone in the desert (Mt 4).

A short time later, Jesus choose the 12 apostles after spending an entire night alone in the desert hills (Lk. 6:12).

When Jesus received the news of the death of John the Baptist, Matt 14:13 says, He “withdrew Himself in a boat to a lonely place.”

After the miraculous feeding of the five thousand Jesus made His disciples leave; then He dismissed the crowd and “went up into the hills by Himself” (Mt. 14:23).

Following a long night of work “in the morning, a great while before day, he rose and went out to a lonely place” (Mk. 1:35).

Following the healing of a leper Jesus “withdrew to the wilderness and prayed” (Lk. 5:16).

With three disciples He sought out the silence of a lonely mountain as the stage for the transfiguration (Mt. 17:1—9).

As Jesus prepared for His highest and most holy work, Jesus sought the solitude of the garden of Gethsemane (Mt. 26:36—46).

**#1. In the quiet of solitude, we can be real with God.**

**#2. Being alone with God gives us direction.**

**#3: By being alone with God we can give Him praise:**

**#4, Being alone with God will help us become more like Jesus.**

**III. Take time to be in Silence.** Psm 46:10, “be still and know that I am God.”

Habakkuk closed his book by saying, “God is in his holy temple. Let all the earth be silent before him” (Hab 2:20).

Zeph 1:7, “Be silent in the presence of the Lord GOD.”

When Pharaoh’s armies were chasing the Israelites across the Red Sea, Moses commanded the people, “Stand still, and see the salvation of the Lord” (Exo. 14:23).

Lk 22:39 says, “Jesus left the city and went, as he usually did, to the Mount of Olives to pray.”

Jesus says to us, “Come away by yourselves to a lonely place...” will you heed His call?

**Close:** The five R’s.

1. RELAX: Be still and slow down. Pick out a quiet place where you can’t get distracted.
2. READ: Read several of your favorite passages of scripture.
3. REFLECT. Meditate on what you read.
4. RECORD. Write down your thoughts about the passage.
5. REQUEST.

Jesus knows about our burdens. Through His death and resurrection, we have rest for the soul.