



Be Still and Know

Brownsburg Church of Christ

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PM Assembly



Introduction:

God is our refuge and strength,
A very present help in trouble.
Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,
though its waters roar and foam,
though the mountains tremble at its swelling.

There is a river whose streams make glad the city of God,
the holy habitation of the Most high.
God is in the midst of her; she shall not be moved;
God will help her when morning dawns.
The nations rage, the kingdoms totter;
he utters his voice, the earth melts.
The Lord of hosts is with us;
the God of Jacob is our fortress.

Come, behold the works of the Lord,
how he has brought desolations on the earth.
He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.

“Be still, and know that I am God.

*I will be exalted among the nations,
I will be exalted in the earth!”
The Lord of hosts is with us;
the God of Jacob is our fortress.*

—Psalm 46 (ESV)

Discussion:

I. What stresses us out?

- A. Have you ever been stressed out and anxious? Are you stressed and anxious right now? What kind of things stress us out and cause us anxiety? Financial trouble, a marital argument, a misbehaving child, getting laid off from work, a doctor’s bill, a report due at school, a project at work, an illness. What is it about all of these things that stresses us and makes us anxious? Is it not fear about the future? Usually, in the moment everything is alright. We’ve eaten today. We don’t live under the bridge today? We have good relationships today? The problem is we’re not sure that will be the case tomorrow. For all we know if what we are stressed about really happens, our world may come to an end.
- B. But then there is **Psalm 46**. “We will not fear,” it says, “though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling.” That really is a description of the end of the world. Though our world comes to an end, the psalmist says, “We will not fear.” Why? How can he have so much confidence? Because, “God is our refuge and strength, a very present help in trouble.”
- C. God is not simply out there in the distance. God is right here. **Hebrews 13:5** says, “Be content with what you have, for he has said, ‘I will never leave you nor forsake you’”(ESV). God is with us and He helps us. Sadly, we are often too busy to notice.

II. What is the solution to our stress and anxiety?

- A. **Psalm 46:10** provides the answer. “Be still and know that I am God.” The NASB says, “Cease striving.” That helps us understand what this means. When the mountains are crumbling and the waters are rising, when the nations are raging and the kingdoms are falling, what do we usually do? We run around, striving against what is going on. We rush and run trying to fix everything, to hold up the mountains, hold back the sea, calm down the nations, set right the kingdoms. This just causes more and more anxiety as we come face to face with our own weakness, understanding that we can’t do it.
- B. What do we need to do? We need to be still. We need to cease. We need to desist. We need to simply sit still and know that He is God. The back side of this is we need to be still and know that we are not. It is not our voice that melts the earth. It is not our work that brings desolation to the enemy. It is not our word that will break the bow, shatter the spear, or burn the chariot. It is God. We cannot make our future secure. But God can. We cannot fix our spouse, our marriage, or even ourselves. But God can. We cannot solve our children’s problems. But God can. He is God and we are not.
- C. We need to be still and know that He is God. We need to stop, hit the pause button, and reflect on God. We call this meditating. David mentions it directly in **Psalm 63:5-8**. Meditation literally requires us to stop striving. To cease acting. To desist our running about. It means to focus our attention completely on God. To do absolutely

nothing but think about God, about God's things, about God's will, and God's word. What peace might we develop if we took 20 to 30 minutes every day to stop everything else we are doing and do nothing but focus our minds on God, His power, His love, His care, His control. To do nothing but remember that He is running the universe and He will take care of us His children.

- D. "I can't," we say, "I don't have time for that. I've got too much going on." Why? What will happen if you took 15-20 minutes and simply meditated on God? Would the world fall apart because you were not striving? Are you the one holding the world and all our lives together? We know enough to say that He is God and we are not, but if you are like me, in our actions we live as if we are God and it takes us to keep everything together. Why don't you try it sometime this week? Find 15 minutes of solitude (if that is too much, start with just 5). Find a verse about God and just think about what it means that He is God and we are not. If your mind begins to wander, just bring it back on task. Breathe deeply as you meditate. Relax your body. See yourself in God's hand and meditate on that. I'll give you a potential verse: **Psalm 18:1-3**. You might even help yourself by recording some verses or statements about God that you can listen to so they can bring your mind back to God. Trust me, if you have never meditated on God, you will be amazed at the peace and courage this can give you.
- E. This is not saying that we sit on our backsides, with legs akimbo, breathing deeply, doing nothing all the time, just waiting for God to act. This is simply taking time each day to recognize that nothing in this world truly depends on us. It depends on God. That reminds us that today, I don't have to be stressed that the world will fall apart if I don't keep it together. All I have to do today is the next right thing. I just need to learn God's will and do that today. He will take care of running everything. But Satan wants to distract us. He wants us to think everything depends on us and we're failing. Don't let Satan keep you on the treadmill. Take some time this week to be still and know Jehovah is God and we don't have to try to do His job.

Conclusion:

Are you stressed out and anxious right now? Then let me encourage you to take some time to do this tonight. Put the kids to bed. Find a quiet spot. Breathe deeply. Relax your body. Focus your attention completely on God. Think about His works. Think about His power. Think about His care. Think about His promises. End it with a prayer casting your anxieties on Him. Do the same thing in the morning. Get up before everyone else and meditate on God. Whatever is going on in your life, take some time this week to step out of the rat race, get off the treadmill, just be still, and know that He is God.