

# Be Still

Psalm 46:10

## Intro

Many Christians seem to be living at the edge of a cliff, not too far from a great fall into sin. How did they get so close to the edge and eventually fall? In my years of helping and counselling fellow believers they all shared with me that they could remember when their spiritual life began to deteriorate. It was when they struggled to maintain a consistent quiet time with God. Their devotional life at best was shallow and many times non-existent. They lost that connectedness and relevancy with God and became spiritual callous.

When we are spiritually disconnected from God we drift away and become very prone to fall into sin. Our quiet time with God is the very power source that prevents and protects us from sin. We need to protect and preserve our time alone with God.

Psalm 46:10, *"Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

This is a personal word from God as He addresses the nations.

**"BE STILL" (râphâh)** means: quiet, enough, stop. It is primarily a rebuke to a restless and turbulent world to stop and be quiet before God.

## To Be Still Means To Be Quiet

J.R. Miller wrote: "Quietness in a man or woman is a mark of strength. Noise is not eloquence. Loudness is not power. In all the departments of life, it is the quiet forces that affect most. Therefore, if we would be strong, we must learn to be quiet. A quiet heart will give a quiet life."

Ecclesiastes 5:2 *"Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few."*

In other words don't be in a rush and be quiet and listen.

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."*

## To Be Still Means to Listen to the Still Small Voice of God

Like when the Lord spoke to Elijah. *"The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came 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?" (1 Kings 19:11-13).*

F. W. Faber said: *"Whenever the sounds of the world die out in the soul, then we hear the whisperings of God. He is always whispering to us, only we don't always hear because of the noise, the hurry and the distractions which life causes as it rushes on."*

Alan Redpath said: "Sometimes I wonder if our devotions are not the greatest barrier to spiritual growth, because they are so often just one sided - it is our praying, it is our talking, our Bible study, our effort. How long is it since you sat down with great delight in His presence and were conscious that He was flooding your heart and speaking with you?"

John A. Hanne says of Moses, "There were men like Aaron who were eloquent preachers, men like Korah

who were natural leaders, but only one man that recognized that he couldn't lead unless God first spoke to him and then spoke through him. Day after day for 40 years, dwelling upon what God had said, Moses listened and so spoke. Small wonder that through Moses came more of the Bible than any other person!" **Moses** (Ex.24:12-18) The Lord calls Moses, "*Come up to me on the mountain and stay here*". When Moses went up on Mt. Sinai, the glory of the Lord covered the mountain for 6 days, and on the 7th day the Lord spoke to Moses from within the cloud. What happened to Moses during those 6 days?

### **Isaiah**

Isaiah 64:6-7 "*All of us have become like one who is unclean, and all our righteous acts are like filthy rags; we all shrivel up like a leaf, and like the wind our sins sweep us away.*

*No one calls on your name or strives to lay hold of you; for you have hidden your face from us and made us waste away because of our sins."*

We need to develop the art of being still and to listen to God

***\*The purpose of being still is to know God***

***"KNOW"*** (Hebrew term is: *yada*). It means:

- To know by observing and reflecting (thinking), and
- To know by experiencing. To know God is to have an intimate experiential knowledge of Him.
- Not just a head knowledge but a heart knowledge.

-To acknowledge God means being conscious of his presence.

-Get to know the Lord as a person.

-He desires a close relationship with us and wants us to grow in that relationship.

-To know Him is to get into His face - through worship, meditation and being still.

Jer. 9:23-24, This is what the LORD says: "*Let not the wise boast of their wisdom or the strong boast of their strength or the rich boast of their riches,*<sup>24</sup> *but let the one who boasts boast about this: that they have the understanding to know me, that I am the LORD, who exercises kindness, justice and righteousness on earth, for in these I delight," declares the LORD."*

**To Know God** is also to behold him – to contemplate him.

-It is so easy to lose relevancy with God.

-In Rev. 3:20 Christ says that He stands at the door of our heart and knocks and if anyone hears my voice and opens that door He will come in and commune with us. Our Lord desires relationship and intimacy with us.

John 10:14 "*I am the good shepherd; I know my sheep and my sheep know me."*

**Jesus is our example** of being still and being in the presence of His Father.

Mark 1:35 "*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."*

Luke 5:16 "*But Jesus often withdrew to lonely places and prayed."*

We do not engage in prayer to tell God what to do. Our goal in prayer is to discover what God wants us to do so that He will be glorified.

### **Conclusion**

One of the greatest examples of being still and knowing God was Mary, Lazarus' sister.

John 12:1-8 Mary is at Jesus' feet worshiping Him while Martha is serving the meal.

To Martha Jesus said: "*Martha, Martha, you are worried and bothered by so many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.*" (Luke 10:41-42).

***"Be still and know that I am God."*** One of the best ways to calm our worries and anxiety is to be still and contemplate the presence of God in our lives.