

## Be Still and Know I am God

To review last week's lesson on "God's Perfectly Orchestrated Universe", that dove tails into this, one these words from the Prophet came to mind.  
came to mind: On speaking of prayer-

"For what is prayer but the expansion of yourself into the living ethers. When you pray you rise to meet in the air those who are praying at that very hour, and whom save in prayer You may not meet. I cannot teach you how to pray in words. God listens not to your words save when He Himself utters them through your lips. And if thou but listen in the stillness of the night you shall hear them saying in silence, "Our God who art our winged self, it is thy will in us that willet."

We are truly one with God the Father, God the son and God the Holy Ghost whose spirits dwell within us as one God and never leave us.

### Psalm 46:10 (KJV)

<sup>10</sup> Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

When we are still and surrendered to God, we find peace even when the earth gives way, the mountains fall (verse 2), or the nations go into an uproar and kingdoms fall (verse 6). When life gets overwhelming and busyness takes precedence, remember Psalm 46:1, "God is our refuge and strength, an ever-present help in trouble." Run to Him, lay down your weapons and fall into His arms. Acknowledge that He is God and that He is exalted in the earth. Be still and know that He is God.

Know that I am God. *Know* in this instance means "to properly ascertain by seeing" and "acknowledge, be aware." How does acknowledging God impact our stillness? We know that He is omniscient (all-knowing), omnipresent (present everywhere), omnipotent (all-powerful), holy, sovereign, faithful, infinite, and good. Acknowledging God implies that we can trust Him and surrender to His plan because we understand who He is.

**"You get to a place where you begin to be guided by something greater than yourself. You stop fighting and striving and instead, surrender to your higher power and be guided from there, allowing things to happen, trusting Source, focusing upon your why and not the how."**  
**Wayne Dyer The Shift Taking Life from Ambition to Meaning.**

There is a voice that is the highest part of ourselves speaking to us all the time. We are all attributes of this. It is the voice of God. It is inside us waiting to be tapped into and channeled by us. Not something to seek outside of ourselves. It is speaking to us and guides us all the time. Every desire you have is Divinely placed there by your inner self, The God within and God's heavenly Orchestrated Universe, delivers the desire to you. Wayne Dyer from *The Impersonal Life* by Joseph Brenner.

"There will be someone who comes from a background of poverty who is influenced to strong wanting. And the rockets of desire will shoot, and then they will find a way to find vibrational harmony with their desire. They will get into this flow in which material things flow into their life at outrageous abundance. And they will feel brief moments of success as it comes, until they are eventually buried by the cumbersomeness of it, and then the next rocket of desire that is born is: 'I'm wanting a simpler life.'

When you wait until momentum is well underway before you are aware that you are moving in the direction that you don't want to go, sometimes the momentum is too strong and so that negative momentum just has to play itself out. But, we want you to know that nothing ever really goes wrong: that you can't get it wrong; and you never get it done. And the reason that you can't get it wrong is because it is never done. There is always another opportunity to direct your thoughts and accomplish momentum in the direction of things that you do want." [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

That reminds me of a Cajun Story:  
**Finding Opportunities**

*I gotta friend down in Plaquemine whot don't never got to Mardi Gras before. One day he decide ta did dat, so he took himself down to da Hound Grey station and buys a twice ways ticket to New Orleans to see dat Mardi Gras.*



*He puts hiself on dat early bus so he don't miss a t'ing. All day long he go to dis littl' parade and dat littl' parade and catch dem doubloons an pass him a good time. Late on da evenin' he gets so tired and him feets hurts so bad, he decided to get a room and go home da next day. So he goes into da first hotel what he sees and asks dat clerkin' man for a room. He stroll up to dat counter and look dat clerkin man on da eye wid both eyes and sez, "My friend, you gotta room?"*

*Dat Clerkin' man look back wid him and sez, "You gotta reserve?"*

*He say back to da clerkin' man, "Hell no I don't gotta reserve, I didn't even know dis place was here befo' now!"*

*Well, dat clerkin' man puff out he chest real big and sez, "My friend, if you want a room here you gotta make a reserve four or three years ahead!"*

*My friend, square him up real close and sez, "How I'm gonna make a reserve when I don't even know dis place is here, told me dat huh?"*

*Dat clerkin' man sez, "My friend, I sorry to told you dis but I don't even have a chair I can give you. I done book all dem rooms four or three year ago."*

*My friend sez, "Look, you don't knows how bad my feets hurt. Hit don't matter how much it costs," and he pull a roll of bills outta his pocket. "Me I gots ta have a room and right now."*

*Dat clerkin' man sez back wid him, "Mais, I'm so sorry but I don't got a t'ing."*

*"Well," my friend sez, "let me axe you a question. If da President of the United States, President Donald Trump was here, would you have a room for him, huh?"*

*"Oh," dat clerkin' man sez, "well, if da President of da United States was here, you know I gotta room for him for true!"*

*My friend look back on him and sez, "Well he ain't comin' so give me his room, you hear?"*

Don't expect to get to the top over night. There maybe be some skills you need before you are ready. Life is a living laboratory and everything you do will be preparing you for your big dream. When you are ready, and not before, the right doors will open for you. Opportunities will appear. Be patient and be persistent.

Let's take a moment to practice getting into that still place and listening within. There are many guided meditations out there. Some on specific topics like abundance, well-being, weight loss, pain, grief and relationships. Find the ones you enjoy and make a practice of starting your days with a 15 minute meditation. Your life will be better for it. Today we will listen to a Meditation on Well Bring from 'Getting into the Vortex by [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

**Here is a poem to remind us to be attentive to the Be Still and Know I am God:**

## **When the Going Gets Tough...By Katrina Kenison, 'ON BEING'**

When the going gets tough may I resist my first impulse to wade in, fix, explain, resolve, and restore. May I sit down instead.

When the going gets tough may I be quiet. May I steep for a while in stillness.

When the going gets tough may I have faith that things are unfolding as they are meant to. May I remember that my life is what it is, not what I ask for. May I find the strength to bear it, the grace to accept it, the faith to embrace it.

When the going gets tough may I practice with what I'm given, rather than wish for something else.

When the going gets tough may I assume nothing. May I not take it personally. May I opt for trust over doubt, compassion over suspicion, vulnerability over vengeance.

When the going gets tough may I open my heart before I open my mouth.

When the going gets tough may I be the first to apologize. May I leave it at that. May I bend with all my being toward forgiveness.

When the going gets tough may I look for a door to step through rather than a wall to hide behind.

When the going gets tough may I turn my gaze up to the sky above my head, rather than down to the mess at my feet. May I count my blessings.

When the going gets tough may I pause, reach out a hand, and make the way easier for someone else.

When the going gets tough may I remember that I'm not alone. May I be kind.

When the going gets tough may I choose love over fear. Everytime.

**Closing Pray:** Gracious loving Father, maker of all things, grant that we may seek You in times of peril and need and in the good times as well. In need and in gratitude, may we make time to be still and listen for our inner voice, the God piece within, and our guiding words to lead and direct us as we wander through this journey called life, free of fear and with a loving open heart eager to explore new avenues to spread love and peace in our ever busy world. To always give the glory for our successes to You. To know You are ALWAYS within us and when we look within, we will always find a solution. In Christ name we pray, Amen