

Be Still and Know That I Am God: Psalm 46:10-11 (NIV)

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.

This is a powerful yet calming piece of Scripture. The message beckons us to be calm but also to remember that God is in control. This passage came to mind after hearing Tom Clark sing "Slow Down" at our last 8:30 service. God invites us to hear Him, but we are often too busy or flat out unwilling to listen. The demanding noise of our own self-interest distracts us, causing us to miss God's voice. The fear or the concern that overtakes us in a world full of disorder and uncertainty creates more dissonance, such as the stories I heard of others' recent shopping experiences. Over and over, God invites us to enter the silence that is available all around us. Our Creator knows that we often need to be brought into a place of extreme silent rest. A place for contemplation and accord.

It has been suggested that after silence, music is the nearest thing to expressing what seems to be inexpressible. Perhaps that is why the psalmist wrote in his song: "Be still, and know that I am God." Frequently, when we listen to songs written to worship God, we sense God's nearness. Quite often the melody and the words express our emotions, our yearnings, and our need of God in a way that we could not otherwise.

Here is a challenge for you. It's an easy one: set aside some time, say 15-30 minutes. Spend that short time in contact with God, and let your soul be still to know God. You may choose to listen to praise music or hymns while meditating on the words and music, or you may choose to read psalms. Be still and know the Lord. And when you are through, take a minute, write a line or two of reflection about this personal time away with God.

Some additional reflections

When is the last time you were still? Allowing yourself to be shielded by the mighty and comforting hand of God.

When is the last time you were still? Feeling refreshed and finding healing in the presence of the LORD.

When is the last time you were still? Taking the burden of carrying the world off your shoulders and trusting God to be your fortress.

When is the last time you were still? Confessing the sin that God knows you have (and you know you have) and finding forgiveness in Jesus Christ.

During these remaining 40 days of Lent, take time. Be still. And know that He is God.

Breathe deeply. Take in all the fullness of life He gives. Let the Living Water quench your every thirst. Let the Bread of Life provide all the sustenance you need.

“LORD, speak, Your servants are listening.”

A Prayer by Henri
Nouwen

Dear God,

Give me eyes to see and ears to hear. I know there is light in the darkness that makes everything new. I know there is new life in suffering that opens a new earth for me. I know there is a joy beyond sorrow that rejuvenates my heart. Yes, Lord, I know that you are, that you act, that you love, that you indeed are Light, Life, and Truth. People, work, plans, projects, ideas, meetings, buildings, paintings, music, and literature all can only give me real joy and peace when I can see and hear them as reflections of your presence, your glory, your kingdom.

Let me then see and hear. Let me be so taken by what you show me and by what you say to me that your vision and hearing become my guide in life and impart meaning to all my concerns. Let me see and hear what is really real, and let me have the courage to keep unmasking the endless unrealities, which disturb my life every day. Now I see only in a mirror, but one day, O Lord, I hope to see you face to face. Amen.