



“Be Still and know that I am God”

Psalm 46:10

The Psalm celebrates Zion as the special city to which God has pledged himself and through which He will bless the world.

What does it mean to be “still”?

And why is it important when communicating with God?

“Be still before the Lord ...

Psalm 37:7

- ... and wait patiently for Him” – Psalm 37:7

PATIENCE is just one watchword for us, but what others can we think of?

Are there any other VERSES from the Bible that can back this up?

- “For God alone, O my soul, wait in silence, for my hope is from him” - Psalm 62:5
 - “The Lord will fight for you, and you have only to be silent” – Exodus 14:14
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Psalm 46 – taking the verse in context

To the Chief Musician. A Psalm of the sons of Korah. A Song for Alamo.

<p>1. God <i>is</i> our refuge and strength, A very present help in trouble.</p> <p>2. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea;</p> <p>3. <i>Though</i> its waters roar <i>and</i> be troubled, <i>Though</i> the mountains shake with its swelling.</p> <p><i>Selah</i></p>	<p>4. <i>There is</i> a river whose streams shall make glad the city of God, The holy <i>place</i> of the tabernacle of the Most High.</p> <p>5. God <i>is</i> in the midst of her, she shall not be moved; God shall help her, just at the break of dawn.</p> <p>6. The nations raged, the kingdoms were moved; He uttered His voice, the earth melted.</p> <p>7. The Lord of hosts <i>is</i> with us; The God of Jacob <i>is</i> our refuge.</p> <p><i>Selah</i></p>	<p>8. Come, behold the works of the Lord, Who has made desolations in the earth.</p> <p>9. He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire.</p> <p>10. Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!</p> <p>11. The Lord of hosts <i>is</i> with us; The God of Jacob <i>is</i> our refuge.</p> <p><i>Selah</i></p>
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Some things to consider about Psalm 46

- *According to Spurgeon - “trifles may be left to commoner songsters, but the most skilful musician in Israel must be charged with the due performance of this song, with the most harmonious voices and choicest music.” - this carried enormous meaning and held a place of extreme significance in the time it was written in that should only be performed by chosen musicians and skilled singers.*
- *The entirety of the Psalm is written in the 3rd person to remind the reader (or listener) that God is their strength and at work in the midst of their struggle. When we reach verse 10, however, something happens. The point of view shifts from third person to second person. Instead of writing about the Lord, here the Lord Himself addresses the reader/listener directly. Something important is about to be communicated!*
- *Is God speaking directly to Israel’s enemies? This is unlikely; he is more likely to be addressing Israel during a time of war and is telling them to “stop fighting” and open their eyes to who He is. God is telling his people to wake up and recognise who is on their side!*

So, is this what Psalm 46 is saying?

- Stop Striving, stop fighting, stop trying to do things on your own
- Stop stressing about the battles that lie ahead and TRUST me
- Wake up! I am the Lord.
- I am your refuge and your strength
- You have nothing to fear or worry about when I am with you
- I will fight your battles and deal with your enemies, so step out of my way.
- Step back, open your eyes and acknowledge who I am and what I can do.
- Let me be God – don't try to do my job for me.
- Be patient, be still and let me go to work for you!



The End
