

Be Still

Psalm 46

I love what the psalmist says here; Be still and know that I am God.” This whole psalm teaches us about who God is. That God is our refuge and strength, our help in times of trouble. It teaches us that God controls the power of the earth by a single breath. You see when this psalm was written, as most scholars date it to 896 BC, there was no science to understand how the earth functioned. Therefore, the only plausible explanation to why the earth was controlled in its vast power was because God had to be living in the earth. Which is why the psalmist says, “God is within her, she will not fall; God will help her at break of day.” In their understanding of how their day worked, they had complete trust in God to control everything around them. This allowed them to be still because God was in control. *Throughout your day, do you have complete trust that God is controlling everything? Just as they believed God lived in the earth and had power over it, does God have power over your life, because his Holy Spirit lives in you?* If you can’t be still throughout your day, you’re probably trying to control the day yourself, and not letting God show you how powerful He really is!

Exodus 14:13-14

As Moses and the Israelites are fleeing from the Egyptian army that was quickly advancing on them, God tells them to not fear, but be still. Being still would be the last thing I would be able to do if I were Moses. I would be running in a panic to escape. So why did God tell them to be still? Because when we are still, God does all the work. When we are still it causes us to let go of control and give it to God. In our hectic lives of running from one meeting or situation to the next, we take it upon ourselves to “make everything happen”. We often come home at the end of the day and we finally sit down to be still, but were so stressed out, worried and anxious that we can’t. If we are anxious or worried all the time, we are probably carrying too much weight on our shoulders throughout the day to “make everything happen”. Moses didn’t have the power to part the Red Sea, but God did and that’s why he tells him to simply be still. In our stillness God does all the work, and God is so much more powerful than we are. *If you truly believe that God is more powerful than you are, why do you have a hard time being still?*

Mark 4:35-41

Here we see the magnificent power of Jesus’ words. He wakes up and rebukes the wind and waves to a quiet still. Jesus teaches his disciples here that when storms arise He will calm them, and no storm is too powerful for Jesus’ words. As the earth obeys the words of Jesus, we are called to obey Him also. *Are you allowing Jesus’ words to calm the storms in your life right now?* Sometimes we let our own thoughts outweigh the voice of God’s word in our lives, therefore we walk around afraid and worried. Right now in our world there is much fear and worry. Let’s be people that know the power of God, who are still and rely on His power to calm any storm we face in this time.