



## Discipline: *Be Still and Know*



***“Desist, and learn that I am God, supreme over the nations, supreme over the earth.”*** Psalm 46:11

As I was preparing to quiet my mind before the Lord, I realized how much internal noise was taking place. My mind was thinking on the day and all it entailed, the possibilities of tomorrow and what it may demand and then I heard the Holy Spirit say, “Being still takes discipline”. Quieting our internal dialogue takes a discipline that exceeds our ability alone. We must take the first initiative and invite the Holy Spirit to lead us into this place of Shalom by taking captive every thought into the obedience of Yeshua Messiah (2 Corinthians 10:5). Many Middle Eastern cultures understand, and have learned the discipline of meditation. This is one of the reasons why yoga is so popular in our society. I do not want to elaborate on their techniques, but I would like to say that when we are able to discipline ourselves internally, we will have self-control and authority over the external stimuli we allow to penetrate our hearts and minds. We will be able to touch the hem of Yeshua’s garment (like the woman with the issue of blood) through our *disciplined* prayer life.



Spending quality time with our Abba and focusing our attention on Him will enlarge our capacity to sit and still our inner man to hear the Word of the Lord as it enters our spirit. We do not have self-control and discipline when we allow all manner of activity to disengage us from the Holy Spirit. We must be master over any appetite that seeks to open doors to the enemy of our soul. This can come in the form of relationships, eating habits, entertainment, self-talk etc. Other areas that require discipline are boundaries, time, worship, study, speech etc. Our body is the temple of the Holy Spirit and we must treat it as a precious commodity because we are blessed with the resident Lord living on the inside. Begin to think about what you allow through your gates (eye, ear, nose, mouth and other bodily openings). Is it pleasing to God? If not, you need to repent and ask the Holy Spirit to show you the pleasing way to live. Our Bibles do provide us with ample instruction for every manner of living.

In this lesson, I want to breakdown Psalm 46 and list some of the names of God and His characteristics that affirm the directives of this Psalm. As you look at the powerful statements made in this Psalm about God and reflect on the name(s) of God that are affiliated with the text, allow the Holy Spirit to minister to your deepest need. ***Our God is the same yesterday, today and forever more!***

## **Psalm 46**

God is our refuge and strength, an ever-present help in trouble. Therefore we are unafraid, even if the earth gives way, even if the mountains tumble into the depths of the sea, even if its waters rage and foam, and mountains shake at its turbulence. (*Selah*) There is a river whose streams gladden the city of God, the holy habitation of *Elyon* — God is in the city. It will not be moved —when daybreak comes, God will help it. Nations were in turmoil, kingdoms were moved; his voice thundered forth, and the earth melted away. *ADONAI-Tzva'ot* is with us, our fortress, the God of



Ya‘akov. (*Selah*) Come and see the works of *ADONAI*, the astounding deeds he has done on the earth. To the ends of the earth he makes wars cease—he breaks the bow, snaps the spear, burns the shields in the fire. “Desist, and learn that I am God, supreme over the nations, supreme over the earth.” *ADONAI-Tzva’ot* is with us, our fortress, the God of Ya‘akov. (*Selah*)

### Challenge

I want to provide links to the names of God for your reference ([click here](#)) ([click here](#)) and ([click here](#)). Take each verse below and write down Bible verses and the appropriate name of God that help you better understand the Psalm and why “at the end” we are told to “Desist and learn that I am God”.

✓ God is our *refuge* and *strength*, an *ever-present help in trouble*

➡ Additional Bible References:

➡ Names of God that coincide with the verse:

➡ Additional Notes:

➡ **Definitions:** **Refuge** (shelter or protection from danger or distress 2: a place that provides shelter or protection 3: something to which one has recourse in difficulty-**Strength** ( the quality or state of being strong : capacity for exertion or endurance 2: power to resist force : solidity, toughness 3: power of resisting attack : impregnability-**Omniscient** (having infinite awareness, understanding, and insight 2: possessed of universal or complete knowledge- the omniscient God)



- ✓ Therefore ***we are unafraid***, even if the earth gives way, even if the mountains tumble into the depths of the sea, even if its waters rage and foam, and mountains shake at its turbulence.

- ➡ Additional Bible References:

- ➡ Names of God that coincide with the verse:

- ➡ Additional Notes:

- ➡ **Definition: Brave** (having or showing mental or moral strength to face danger, fear, or difficulty : having or showing courage)

- ✓ ***There is a river*** whose streams gladden the ***city of God***, the holy habitation of *Elyon*

- ➡ Additional Bible References:

- ➡ Names of God that coincide with the verse:

- ➡ Additional Notes:

- ✓ — ***God is in the city. It will not be moved***—when daybreak comes, ***God will help it.***

- ➡ Additional Bible References:

- ➡ Names of God that coincide with the verse:

- ➡ Additional Notes:

- ✓ Nations were in turmoil, kingdoms were moved; ***his voice thundered forth***, and the earth melted away.



- ➡ Additional Bible References:
- ➡ Names of God that coincide with the verse:
- ➡ Additional Notes:
- ✓ *ADONAI-Tzva'ot* is **with us**, our fortress, the God of Ya'akov.
  - ➡ Additional Bible References:
  - ➡ Names of God that coincides with the verse:
  - ➡ Additional Notes:
- ✓ ***Come and see the works of ADONAI***, the astounding deeds he has done on the earth.
  - ➡ Additional Bible References:
  - ➡ Names of God that coincide with the verse:
  - ➡ Additional Notes:
- ✓ To the ends of the earth ***he makes*** wars cease —***he breaks*** the bow, ***snaps*** the spear, ***burns*** the shields in the fire.
  - ➡ Additional Bible References:
  - ➡ Names of God that coincide with the verse:
  - ➡ Additional Notes:
- ✓ ***“Desist, and learn that I am God, supreme over the nations, supreme over the earth.”***



- ➡ Additional Bible References:
  - ➡ Names of God that coincide with the verse:
  - ➡ Additional Notes:
  - ➡ **Definitions: Desist** ( to cease to proceed or act)-**Supreme** (highest in rank or authority)
- ✓ *ADONAI-Tzva'ot* is **with us, our fortress**, the God of Ya'akov. (*Selah*)
- ➡ Additional Bible References:
  - ➡ Names of God that coincide with the verse:
  - ➡ Additional Notes:
  - ➡ **Definition: Fortress** ( a fortified place : stronghold)

How does knowing this truth change your outlook on life?

How can you apply what you have learned about “WHO” God is to discipline your life?



Construct a Prayer Based on Your Learning?





## Transforming you into His Image

**Shalom** (John 14:27) 27 “What I am leaving with you is shalom — I am giving you my shalom. I don’t give the way the world gives. Don’t let yourselves be upset or frightened.

**Sacrifice** (Titus) 2:14 Who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

**Truth** John 14:6 Yeshua said, “I AM the Way — and the Truth and the Life; no one comes to the Father except through me. John 8:32 you will know the truth, and the truth will set you free.”

**Compassion** (Matthew 9:36)-Now when Jesus saw the crowds, he had compassion for them because they were troubled and helpless, like sheep without a shepherd.

**Love** (John 15:13) - Greater love hath no man than this, that a man lay down his life for his friends.

**Servant** (Matthew 20:28) - just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”

**Forgiveness** (John 8:4-11)- “Teacher,” they said to Jesus, “this woman was caught in the act of adultery. 5 The law of Moses says to stone her. What do you say?” 6 They were trying to trap him into saying something they could use against him, but Jesus stooped down and wrote in the dust with his finger. 7 They kept demanding an answer, so he stood up again and said, “All right, but let the one who has never sinned throw the first stone!” 8 Then he stooped down again and wrote in the dust. 9 When the accusers heard this, they slipped away one by one, beginning with the oldest, until only Jesus was left in the middle of the crowd with the woman. 10 Then Jesus stood up again and said to the woman, “Where are your accusers? Didn’t even one of them condemn you?” 11 “No, Lord,” she said. And Jesus said, “Neither do I. Go and sin no more

**Gentle & Humble** (Matthew 11:28-30)-28 “Come to me, all of you who are struggling and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls.[a] 30 For my yoke is easy, and my burden is light.”

**Patient** (2 Peter 3:9)-The Lord is not slow in keeping his promise, as some people think of slowness; on the contrary, he is patient with you; for it is not his purpose that anyone should be destroyed, but that everyone should turn from his sins