



Repentance Tabernacle Church

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Be Still!

Scripture: Psalm 46

Psalms 46 is hymns of praise, celebrating deliverance from some great foe. It may have been written when the Assyrian army invaded the land and surrounded Jerusalem (2 Kings 18:13—19:37).

God is our safe shelter (refuge) and an inner power (strength) for the people of God providing immediate and reliable assistance whenever hard times or chaos strike. **No need to panic.** Even when the world around us falls apart. He does not just watch from a distance; He actively helps and cares for us. God holds ultimate power over all armies and creation, yet personally protects and safety shelters His flawed, faithful people. It is a deep reassurance during times of severe crisis and fear.

The command to “**be still**” means to be weak, to let go, to release, which might better be translated as “**cause yourselves to let go**” or “**let yourselves become weak.**” But to what end are we to “**be still,**” “**let go,**” “**surrender,**” and even to “**die to ourselves**”? So, stop striving, surrender everything to the care of God (Romans 8:28). We surrender in order to know that God is in control as the Master of the Universe. We “let go” in order to objectively know the saving power of God in our lives. We give up trusting in ourselves and our own designs in order to experience the glory of God’s all-sufficiency (Exodus 14:14).

When we surrender to the sure truth that the LORD God is in complete control of this world, we will find peace and be delivered from our temporal fears. Indeed, even though the present world is shaken, with the nations raging and the kingdoms of men tottering, we will not fear, since we know that God is our present help in times of trouble. The fear of mountains or cities suddenly crumbling into the sea as a result of a nuclear blast haunts many people today. But the psalmist says that even if the world ends, we need not fear. In the face of utter destruction, he expressed a quiet confidence in God’s ability to save him.

It seems impossible to consider the end of the world without fear, but the Bible is clear—**God is our refuge even in the face of total destruction.** He is not merely a temporary retreat; he is our eternal refuge and can provide strength in any circumstance. **Relax. Slow down. Take it easy.** In a world that seems to move faster and faster, simply being still gets harder and harder. We seem to be always on the move—work, school, kids, volunteering, church, errands.

When we’re not physically busy, our minds tend to take over, and we become busy with worry about our finances or our health. We become busy fearing for our future or our security. We become busy butting into the lives of others through gossip or conflict. **In the midst of all this activity, how can you hear God’s voice speaking to your heart?** God knows all about these temptations, and he offers this encouragement to you: “*Be still, and know that I am God*” (Psalm 46:10). In other words, “**Enough. Stop. Acknowledge God and His mighty works.**” Your Lord is mighty, and He is at work in your life, in your community, and in the world.

This is something you must do; you must quiet your heart to know the Divine Presence. Therefore “*set the Lord always before you*” (Psalm 16:8) and refuse anxious thoughts that weigh in upon you, creating pressure and “**dis-ease.**” Quieting your heart enables you to hear the holy whisper: “It is I; do not be afraid...” Once the storm of fear dissipates [disappears], you can know the truth of God. As the Spirit says, “*In returning and rest you shall be saved; in quietness and in trust shall be your strength*” (Isaiah 30:15). God is always there to help, providing refuge, security, and peace. God’s power is complete and His ultimate victory is certain. He will not fail to rescue those who love Him.

War and destruction are inevitable, but so is God’s final victory. At that time, all will be still before Almighty God. How proper then for us to be still now, honoring Him and His power and majesty. **Take time each day to be still and to exalt God. Relax. Slow down. Take it easy. Acknowledge God and His mighty works.**

May you be blessed with these encouraging words of God to be still!