



## Repentance Tabernacle Church

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### Chill!

**Scripture:** Psalm 46:10 - Be still, and know that I am God . . .

God is encouraging us to stop (cease) striving, surrender control, and trust in God's sovereignty during times of chaos or fear. It is a reminder to find peace in God's present and acknowledge His authority. Be still (stop striving) encourages releasing anxiety, worry, and the frantic need to control outcomes. Knowing that I am God calls us to recognize God's power, presence and control over all circumstances, allowing Him to fight our battles. Therefore, we can be untroubled and trust God will do what He says.

It is also a call to prayer, meditation, and quiet reflection, allowing for a deeper personal relationship with God. May you find [Psalm 46:10](#) to be a source of calm during personal "storms," promoting a move from fear to trust. During times of uncertainty, verse 46:1 tells us, "*God is our refuge and strength, a very present help in trouble.*" God is still on His throne. He is our refuge and strength in times of trouble. And in difficult circumstances, though everything shifts around us, we need not give in to fear because God is sure to help.

Stillness essential to receiving instructions. The people were hostile and despairing, but Moses encouraged them to watch the wonderful way God would rescue them (Exodus 14:13). Moses had a positive attitude! When it looked as if they were trapped, he called upon God to intervene. We may not be chased by an army, but we may still feel trapped. Instead of giving in to despair, we should adopt Moses' attitude to "*stand still, and see the salvation of the LORD.*"

In being still, we sometimes have to be silent. David resolved not to sin with his tongue (Psalm 39:1-3); that is, he decided not to complain to other people about God's treatment of him. David certainly had reason to complain. He was the anointed king of Israel, but had to wait many years before taking the throne. Then one of his sons tried to kill him and become king instead. But when David could not keep still any longer, he took his complaints directly to God. We all have complaints about jobs, money, or situations, but complaining before others may make them think that God cannot take care of us. It may also look as if we blame God for our troubles. Instead, like David, we should take our complaints directly to God.

The tongue must be restrained. You have not mastered self-control if you do not control what you say. Words can cut and destroy. James recognized this truth when he stated, "*The tongue is a little member, and boasteth great things*" (James 3:5). If you wish to be self-controlled, begin with your tongue. Stop and think before you react or speak. If you can control this small but powerful member, you can control the rest of your body.

There are certain times we must keep silent. Timing is important. The secret to peace with God is to discover, accept, and appreciate God's perfecting timing. The danger is to doubt or resent God's timing. This can lead to despair, rebellion, or moving ahead without his advice (Ecclesiastes 3:7). We who worship the living God come to Him in silent awe, great respect, and reverence. We acknowledge that He is in control and knows what He is doing. The living God speaks through His Word. Approach God reverently and wait silently to hear what He has to say (Habakkuk 2:20).

Even when Christ healed people, He told them not to tell anyone. Healed the Blind (Matthew 9:26-30); Man with a withered hand (Matthew 12:13-16); Tabitha (Mark 5:39-43); 8:30; and the Leper (Luke 5:12-14). Moreover, when it was revealed who Jesus was, Jesus is the Messiah (Matthew 16:13-20); and when God revealed to the Disciples who Jesus is - beloved Son (Matthew 17:5-9).

Stillness is essential to receiving instructions. In being still, we sometimes have to be silent. The tongue must be restrained: when the circumstances demand, in God's house, in the presence of your enemies, in evil times, and in God's presence. Even Christ kept silent and it was foretold (Isaiah 53:7); before the High Priest (Matt. 26:62-63); before Pilate (Matt. 27:13-14); before Herod (Luke 23:9); and in the presence of a woman's accusers (John 8:6). Silence enjoined was also upon the disciples (Matthew 16:13-20; Luke 9:18-20).

**People of God, Chill, and know that He's God!**