

## Be Still, and Know That I Am God

### [Psalm 46:10](#)

#### New Living Translation

<sup>10</sup> “Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”



#### *Introduction*

Good afternoon, everyone. Today, we turn our attention to [Psalm 46:10](#), a verse that has echoed through the ages, offering solace, strength, and perspective.

**“Be still, and know that I am God.”**

These words, simple yet profound, invite us into a sacred space of quietude and contemplation. A world that is often chaotic and noisy beckons us to pause, to find our center, and to remember the ultimate source of our peace and purpose.

#### **Examples of Biblical Figures Who Experienced God in Stillness**

- **Moses on Mount Sinai:** Describe the experience of receiving the Ten Commandments in a place of solitude.
- **Elijah in the cave:** Highlight the prophet’s encounter with God in a quiet moment after a tumultuous experience.
- **Jesus in the wilderness:** Discuss the importance of Jesus’ solitude before beginning His public ministry.

#### **Practical Tips for Overcoming Obstacles to Stillness**

- **Setting aside dedicated quiet time:** Offer suggestions for creating a peaceful space and establishing a regular quiet time routine.
- **Managing distractions:** Provide practical advice for minimizing interruptions from technology and other demands.
- **Overcoming resistance:** Address common excuses for avoiding stillness and offer strategies for overcoming them.

- **Cultivating a stillness mindset:** Encourage listeners to view stillness as a valuable habit, not a luxury.

### **The Noise of the World**

- We live in a world characterized by constant motion, information overload, and relentless demands. The noise of our daily lives can be overwhelming, drowning out the still, small voice within us.
- Social media, news cycles, and personal responsibilities compete for our attention. We find ourselves rushing from one task to the next, rarely taking time to simply be. In this ceaseless activity, we can lose touch with our true selves and our connection to something greater.

### **The Invitation to Stillness**

**[Psalm 46:10](#) offers a counter-cultural invitation:**

- Be still. It's not about inactivity or apathy; it's about intentional pause. It's about creating space for God's presence to fill our hearts and minds.
- Stillness is not a luxury but a necessity. It's where we reconnect with our deepest selves, where we find clarity and wisdom. It's where we encounter God in a profound and personal way.

### **Knowing God**

- To know God is more than intellectual assent; it's a deep, experiential relationship. It's about discovering God's character, love, and faithfulness through Scripture, prayer, and reflection.
- In the quiet of our hearts, we can contemplate God's infinite power, wisdom, and goodness. We can recognize God's hand in our lives, even in the midst of challenges. We can experience the peace that surpasses understanding.

### **The Power of Stillness**

- When we are still before God, we tap into a reservoir of strength that sustains us through life's storms. We find courage to face challenges, hope in the midst of despair, and resilience in the face of adversity.
- Stillness also enables us to hear God's voice more clearly. It's in the quiet that we discern God's guidance for our lives, receive wisdom for decision-making, and experience healing and restoration.

### **Practical Steps to Stillness**

**How can we cultivate stillness in our busy lives? Here are a few suggestions:**

**Create a quiet space:** Designate a place in your home where you can retreat for solitude and prayer.

**Practice mindfulness:** Engage in activities like meditation, deep breathing, to calm your mind and body.

**Spend time in nature:** Immerse yourself in the beauty and peace of the natural world.

**Disconnect:** Take breaks from technology and social media to reduce distractions.

**Journaling:** Write down your thoughts and feelings as a way to process your experiences and connect with God.

### **Conclusion**

In a world that relentlessly demands our attention, let us embrace the invitation to be still and know that God is God. Let us make stillness a priority in our lives, allowing God to fill our hearts with peace, purpose, and power.

May we emerge from our quiet times refreshed, renewed, and ready to share God's love with the world.

Amen.