

**BE STILL AND KNOW**  
**APRIL 22, 2020**

**PSALMS 46:10**

This Psalm was written to give instruction to God's people when facing crisis situations that produce fear, worry and uncertainty. It was written for Israel, but its truths can be applied today. The Psalmist encourages us to "be still and know," that God is greater than any crisis we can face. Throughout the Psalm he says to "Selah," or stop, reflect and think about what was said or sung. Tonight, I want to discuss three things: God's promise, presence and power.

**GOD'S PROMISE – PSALMS 46:**

- V1** – Elohim means the Godhead, Creator, King, Judge, and Savior. In the midst of whatever, Elohim promises to be our:
- A.** Refuge: Our impenetrable shelter is not a place, it's a person. **PSALMS 9:9 (NLT), 18:1-3 NLT), 142:5 (NIV), PROVERBS 18:10**
  - B.** Strength: When we feel weak, defenseless and exhausted, we can rely on His strength **ISAIAH 40:28-31**
  - C.** Help: He offers us His services; to assist us; to make things easier. **ISAIAH 41:10**
- V2** – He describes the worst calamity imaginable: Earthquakes, volcanoes erupting, mountains carried into the sea. Even when the earth's landscape falls apart, we need not fear.
- V3** – Waters roaring means everything is out of control. There's upheaval, calamity, turmoil, uncertainty and chaos, as it is with covid-19. When the entire world is affected by a pandemic, we need not fear. Elohim is our refuge, strength and help. "Selah".

**GOD'S PRESENCE – PSALMS 46**

- V4** – The city is Jerusalem which has no river, Babylon has the Euphrates, Egypt has the Nile, Rome has the Tiber, but Jerusalem has something better – the river of God's presence.
- V5-6** – God is Elyon, meaning the highest of all is present. God's grace flows like a river bringing peace in turmoil. **PSALMS 36:8 (NLT)** "Right early" means in the morning. **LAMENTATIONS 3:22-23** God's mercy and help are renewed daily.
- V7** – Jehovah Sabaoth means "Lord of the angel armies." All the hosts of Heaven are ready to assist. This verse inspired Luther to write "A Mighty Fortress is our God." God's presence going before us is what guarantees success. **EXODUS 33:14**

**GOD'S POWER – PSALMS 46:**

- V8** – Behold means to perceive, peer into, spy out, gaze intently upon and observe fully with expectations. We become what we behold. "Tell me what you're beholding, I'll tell you what you're becoming." We are to behold God's works of power.
- V9** – A broken bow is of no value to a warrior. Jesus has broken the chains that had us bound. We've been set free!
- V10** – "Be still" means drop your weapons. Stop fighting a battle you can't win yourself. "Let go, and let God." **PSALMS 37:7 (NLT)** "Know that I am God." Acknowledge it, comprehend it, discover it intimately. We can't know Him experimentally until we know Him relationally.
- V11** – Summarizes the entire Psalm. Whatever we face, we are to know nothing (covid-19) is greater than our God. We can trust Him to spring into action from His Holy dwelling and protect us, fight for us, and defeat every enemy that comes against us.

**CONCLUSION:**

In the midst of this challenge, let's thank God for His promise, presence and power – **HE IS OUR GOD!**