

DEVOTION SEVEN.

Be still and know that I am God. Psalm 46:10



BE STILL- Peace in the Midst of Chaos | PSALM 46

<https://www.youtube.com/watch?v=7Kd3PrqL1Ec&feature=youtu.be>

Reflect on this verse as it's played through.



Do you find yourself caught up in the rush of living until you scarcely can remember which day of the week this is? You jump out of bed in the morning, gulp down your juice and hurry to school. Then you rush home, eat dinner quickly so that you can get to your evening club/group. And then you're off to bed so that you'll be able to get up in the morning, gulp down your juice and hurry to school again (or perhaps not in the current context we find ourselves in!)



Perhaps, now is a good time to reflect on the how God would want you to live this season of pause we are experience. God puts it this way in Psalm 46:10, "Be still and know that I am God..." Be still-for only then can you hear God's voice. Times of quietness are part of God's natural laws. As a watermelon gets strapped in elastic bands and explodes when the tension is too tight (you've all seen the vid!), so we must ease the tensions of daily living or the tensions will break us. Your health is a trust from God. Can it be right to constantly abuse that trust? Of course not!

God has not promised to spare you from difficulty. Sometimes we ask for grace to lift us above the depressing cares of life, and we see sorrows; we feel He has not answered our prayers. We

ask for light to see the path ahead, but clouds and darkness come. We ask for peace and quiet that we may meditate, and everything around us becomes confusion. Why is it? God allows trials because He knows these things will drive us to Himself (perhaps you've found that already through this devotional journey) They will teach us the lesson that when He gives peace, no one can bother us.

When we are weak, God does not tell us to be STRONG but to be STILL. For when we are still, then are we strong. The prophet Isaiah said, "...in quietness and in confidence shall be your strength..." (Isaiah 30:15, KJV). God does not just say, "Be still," He goes on to say, "Know that I am God."

Psychology says, "Be still-be calm-take time for meditation, for developing inner serenity." But the Bible adds, "Know that I am God." God does not say, "Be still and know a better way of life-a quiet life-a prayer life." He says, "Be still and know ME-a person-God, who is Life Himself. As you know Him, you will then learn that His grace is sufficient. The Bible says, "The eternal God is thy refuge, and underneath are the everlasting arms..." (Deuteronomy 33:27, KJV).



BE STILL – Hillsong

<https://www.youtube.com/watch?v=H7pJb4gvVOY>

As you listen to this song meditate over these lyrics...



Take your time to pray this prayer:

*"Lord, as I am still ... help me to find you in the stillness.
In the silence, you are there. In the waiting, you are there.
Would I know that you are the PEACE that I need, would I know it
from the very depths of my being! Would I leave today knowing that
peace has followed me and was not just for this moment. Amen."*

