

Will Someone Please Switch off the Busyness of Life for a Moment?

Ps. Craig Mobey

Scripture Reading: Psalm 46:6-11 (NIV)

⁶ Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

⁷ The LORD Almighty is with us; the God of Jacob is our fortress.

⁸ Come and see what the LORD has done, the desolations he has brought on the earth.

⁹ He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.

¹⁰ He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

¹¹ The LORD Almighty is with us; the God of Jacob is our fortress."

Focus: the first 8 words of verse 10, "Be still, and know that I am God."

Introduction

Be still, in other words, quieten things down. Not easy!

A minister was out riding one afternoon and came upon a man working in his field.

"Fine day, isn't it?" the minister called out.

"It's fine for you", the man replied. "All you have to do is ride around on that horse thinking about the Bible all day long, while I have to sweat here in this field and then walk home afterwards. I don't think it's right you should have things so easy while I have to work so hard."

"On the contrary," the minister answered, "thinking about the Bible is one of the most difficult things you can do. And to prove it, I'll give you this horse if you can think about the Bible and nothing else for one minute."

“You’re on,” said the man and immediately he sat down in silence. Thirty seconds later he looked up at the minister and said, “Does that include the saddle?”

Body

The piece of Scripture that we are focussing on this morning simply says, “Be still and know that I am God.” A literal translation – by me – reads something like this... “slacken-stop-cease-leave-let go, and see the evidence, be certain-be assured, Elohim.”

Have you ever thought about what is standing in your way of seeing the evidence of God or knowing God?

This morning’s Scripture is saying that know that He is God, you need to quieten down. After this, you exalt God. You cannot allow the noise of the world, the business of life and knowing God all to compete for your attention, at the same time. You will, probably, have some hard choices to make and some things to reflect deeply over.

Slacken-stop-cease-leave-let go

One thing about being alive is that it is a noisy and busy life. Perhaps this is an appropriate moment to share with you, two truths:

1. Most people are that busy that they don’t have much time available for something else.
2. Most people first do what is important to them.

What must you slacken, stop, cease, leave or let go of in order to create quality time and focus your time, thoughts and heart on God?

It might be that you need to simply lighten up and realize that you do not have to react to everything. Technically you are reacting to everything and not every reaction is bad, but I am referring to the “don’t-let-it-ruin-your-day” type of reaction.

Have you thought about: stop talking, stop commenting, stop arguing, stop questioning, stop moaning and start listening?

What bad or harmful habits need to be broken? It might be that there are some things that you need to stop doing so that you can align your lifestyle, life's purposes, and relationships with what the Word of God is telling us.

It might be that you must stop conforming to the things of this world! Scripture is clear, *"Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever."* This is from 1 John 2:15-17.

See the evidence, be certain-be assured

You have heard "seeing is believing?" This is what Albert Barnes says, "See, in what I have done, the evidence that I am God. See a work accomplished which none 'but' God could effect."

To know something or someone is a rather interesting line of thought. Firstly, it speaks of more than simply suspecting or supposing. My dictionary speaks of "having or reflecting knowledge, information, or intelligence."

Evidence is crucial in creating trust. Promises, hopes and intentions are not backed up by evidence. There are those times in your life when you need to know that God will come through for you; you need to know that God has "got it." In these times reflect over history as it is revealed in Scripture. Has God ever not come through for His people? No. Has God ever not fulfilled a promise? No. Has He saved you from a certain death because of your sins? Yes. Is God working all things to the good of those who love Him? Yes. Does God hear your prayers? Yes.

Brothers and sisters, to "know" also means that you must stop doubting, be sure, have faith and start trusting God because of an abundance of evidence.

You need to be both certain and assured that God is the source of power, wisdom, justice, goodness, and truth. To do this, you have:

- As I have already touched on, use evidence.

- To fully appreciate a living relationship with God; indeed, His Holy Spirit is indwelling.

On this note, I must mention that the entire phrase, “Be still and know that I am God” is written in the present tense. It, therefore, speaks of a real-time–full time seeing, and not an “if needed” way of looking at your relationship with God, way of looking at yourself, looking at the abundance of evidence and looking at your daily challenges, relationships, troubles etc.

Elohim

“God” as used here is in the plural, meaning Father, Son and Holy Spirit. Psalm 46 is divided into 3 sections, each describing God as a refuge and a stronghold. “God” as used here, in verse 10 carries with it a sense of strength and mightiness, power and goodness.

God saved you, God is almighty, God is in control, God is love, God is king, God is your hope, rock and fortress, God is ever-present in your time of trouble, God is your help, God is your father, God is your shepherd, God will lead you, God will nourish you, God will protect you and God will restore you.

Brothers and sisters, this is the God that you will know ... once ... you have become still.

Habakkuk complained to God, God answered, Habakkuk complained again! It was as if after complaining to God and hearing God’s answer, Habakkuk went back to the Lord and said, “yes ... but.” The Lord answered a second time, reminding Habakkuk that the righteous live by faith and that He (God) is in control. God told Habakkuk, in chapter 2:20, *“The LORD is in his holy temple; let all the earth be silent before him.”* Silent, quiet, still. After this, Habakkuk prayed and rejoiced.

Moses in Exodus 14 was facing the red sea on the one side, the Egyptians were on the way and Israel was grumpy. Then comes verse 14, *“The LORD will fight for you; you need only to be still.”* Be still.

If you want to know who God is in your moment of trouble, be still.

Conclusion: The Rest of Verse 10

"I will be exalted among the nations, I will be exalted in the earth." You were created to glorify, praise and worship God.

With this in mind, let's recap on the order of events: be still – know – He is God – exaltation and praise. Scripture, logic, everything here, informs us of two critical things:

- Firstly, you must know who you are exalting and praising. That is why we must know who God is.
- Secondly, silence – stillness goes ahead of knowing because it is in these moments that God reveals Himself as One who is in control, One who is greater than anything you might be going through and One in whom you can find refuge: safety and security.

What do you do when you are still – quiet before God, assuming of course, that you have made this a priority?

We sometimes look for a Damascus Road experience. Elijah, however, waited for a gentle whisper instead of being moved by powerful winds, earthquakes, and fire. Jesus went away to a lonely place and prayed.

- Quality time matters.
- Appropriate places matter.
- Shut out the noisiness and business of life.
- Be silent. Shh...
- Hear God when you read His Word and meditate in it, allowing the Holy Spirit to illuminate.
- Discuss with God what you have read; discuss with Him your meditations.
- Choose a takeaway verse or phrase to journey with until your next quiet time.
- Start with small steps.

Will Someone Please Switch off the Busyness of Life for a Moment? That someone is you...

Amen.