

Be Still

Chase Green

“Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth” (Psalm 46:10).

Sometimes, we need to just be still and realize that God is in control. In fact, that is why Psalm 46 was written! This Psalm talks about the God Who is our refuge, strength, and help in times of trouble (verse 1). Because of this, we are not to fear the pits and the valleys of life.

What kinds of pits and valleys do we face? What manner of tumults and boisterous seas overtake us? Perhaps we are facing a sink hole. We will not fear “though the earth be removed” (verse 2). I don’t know what the sink hole in your life is — perhaps a sudden loss of a loved one, or the sudden loss of a job. Maybe it is a sudden drawback in your health.

Or maybe we are facing a mountain, one we’ve been climbing for a long time, only to have that mountain suddenly fall into the sea. We will not fear “though the mountains be carried into the midst of the sea” (verse 2b). Maybe that mountain is a sudden change of your life’s plan. I can certainly relate to this!

Or maybe we are facing roaring, troubled waters (verse 3) — perhaps struggles in our relationships. Maybe we are facing an earthquake when “the mountains shake with the swelling thereof” (verse 3b). Maybe that means that this mountain we are climbing is full of roadblocks and setbacks.

Whatever the case may be, the Psalmist wrote that there is a peaceful river flowing that makes glad the city of God (verse 4). “God is in the midst of her,” and “she shall not be moved” (verse 5). The idea of this verse in the Hebrew is that this river shall not change its course. Why? Because God is in control! “God shall help her, and that right early” (verse 5b).

Again, the heathen may rage. The kingdoms around us may be shaken, but God is still in control. “The Lord of hosts is with us; the God of Jacob is our refuge” (verses 6-7)! Why then should we fear?

We need to step back and view God’s creation. We need to marvel at the One Who has the power to do it. We need to remember Him in the highs and the lows of life. “Come, behold the works of the LORD, what desolations he hath made in the earth. He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire” (verses 8 -9).

When the fires around us range, we need to be still. Yes, be still and KNOW that He is God! He is in control. He will be exalted. And we praise Him! “Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. The LORD of hosts is with us; the God of Jacob is our refuge. Selah” (verses 10-11).

With love, Chase