



BE STILL AND KNOW BE STILL AND KNOW BE STILL AND KNOW

Why are we so restless? Even in this time where we are stuck at our homes, which should be a place of rest, we can get restless. God is saying to be peaceful. Don't get over-encumbered by the news and the situation; make time for Me. We have to be able to block out the distractions and know God is in control.

Psalm 46; Numbers 16

- The writers of Psalm 46 were the sons of Korah. Who was Korah?
- Korah incited a rebellion against Moses and the leadership put in place by God. Moses physically separated those with Korah and those with him so that God could judge between the two, to see who was in the right. God split the ground open beneath Korah and his allies and their families, and caused the earth to swallow them and their belongings up.
- Those from Korah's family line who were not destroyed, many years later, ended up working for King David as musicians, choir directors, singers, etc.

The command to be still comes from the same word, **raphah (רָפָה)**, that means to let go, to become weak, to surrender, and to die to yourself. In this passage, God is saying, what is it that you are holding on to that is preventing you from releasing it to Me? When God is saying be still, He is saying, "let it go"—not just meditate and think for a while. Let go of trying to live this life on your own!

Sometimes, we challenge God because we think we know better than Him. The area where we think we are experts is often the one God wants us to release. It's a different kind of stillness than just maintaining a position.

God is in control, if you let Him. Why, "if you let Him?" Because He doesn't force us to do anything. He allows us choice, even though doing what He says is always the best option. We will be out of place if we try to go back to the old things God has delivered us from.

Going back to the descendants of Korah, they knew to write to "be still" because they had evidence in their family line of someone who wasn't still. They knew to humble their desires and ambitions before the Lord and let go of anything that challenges the authority of God.

5 Points to Be Still

- 1.Surrender (Romans 12:1; Galatians 2:20; Matthew 16:24-25)
- 2.Trust (Proverbs 3:5-6; Jeremiah 17:7-8)
- 3.Intentionality (Ephesians 5:15-17; Hebrews 4:14-16)
 - we have to be intentional about our walk with Christ, not letting life live us.
- 4.Listen (James 1:19; Matthew 7:24-27; Revelation 3:20)
 - take the spiritual headphones off. Put yourself in a position to listen.
- 5.Leave It Behind (Philippians 3:13-14; 2 Corinthians 5:17; Ephesians 4:17-24)
 - you're going to a new place, where God is giving new blessings. Don't bring the old stuff!

God also said, "know that I am God." One way of thinking of this passage is, "be still *in order to* know that I am God." When we release, we can see God for who He really is. There is confidence in knowing God is on our side. We have to know God has everything in control. God has not forgotten, and He will deliver. Just be still and know He is God!