

SOHL
WEEKLY MINISTRY MEDITATIONS



"A JOURNEY OF THE HEART"

Be still and know

September 10, 2018

PSALM 46:10 NKJV – (10) Be still, and know that I *am* God; I will be exalted among the nations, I will be exalted in the earth!

Spiritual serenity, the psalmist admits, ought to be cultivated in spite of the shaking mountains and agitated waters (**Verses 2-3**; figures for the difficulties we face in life).

This spiritual calm, that God commands, does not come from a lack of troubles. It derives from a steady, deep reflection on the ways God has intervened in history on behalf of his people. So as your world crumbles around you, the call from Scripture is: don't flinch in faith in God. Stand still—not because of a self-made confidence, not because you are the most composed person in the face of disaster, not because "you've seen it all." Be still because of what you know about God.

It is "God's past" that provides calm for "our future." Know that he is God! Know it, not merely intellectually, but practically, spiritually, and emotionally. He is your God. He is the ruler of kingdoms of this earth and the all-powerful Creator of the Universe. If you are the last man or woman standing, be still.

Remember this, "God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth does change" (**Psalm 46:1-2a**).

Hallelujah!

SCRIPTURE READING

Isaiah 41:10

THOUGHT FOR THE WEEK

To worry about to tomorrow is to forfeit your joy today.