

**TITLE AND NUMBER:** 107. Be still and know that I am God

**REFERENCE AND KEY VERSE(S):** Psalms 46: 1-6, 10

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. (v1-6)

He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' (v10)

**LOOKING FURTHER:** Jeremiah 29:11



### What does this Bible passage tell us?

As I sit and write this, the world is in turmoil - nationally, internationally and economically. Journalists are writing thousands of words about what may or may not happen and our television news is full of statistics and speculation. However, in all of this there is reason for us to have hope.

In our passage today, the psalmist shares his thoughts which can give everyone this hope for today – 'God is our refuge and strength, an ever present help in trouble. Therefore we will not fear.' Yes, we are human and worry can come easily, but it need not overwhelm us.

The Gospel of Jesus is full of hope. We can have assurance that God cares for us and we can put our trust in Him. God is in the business of forgiveness, recovery and reconciliation to Him. That is why Jesus came, He died and He rose again. That is the Good News in these troubled times. This is the reason for our faith and hope in Him as we go about our daily lives. Hope for today, the future and eternity, too.

God has plans for each one of us (Jeremiah 29:11). Whatever our current circumstances, we have opportunity to share the Good News of Jesus wherever we are.

God will **always** have the last word. His encouragement to us today is: '*Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.*' (v10)

### Reflections:

- What things are worrying you today? Tell God about each of them.
- If you are still concerned, ask for support from Chaplaincy and ask them to pray for you.
- In every situation, take time to be quiet and ask the Holy Spirit to comfort you and speak peace into your heart. Try and find a few minutes each day to practise being still in God's presence.
- Who might you share this Good News with?

Write or draw something you read in this Bible Study that stood out to you.



# BE STILL

Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

