

Be Still, and know, the I Am God



In a book I read many years ago, the question was asked “Why is stillness so difficult to achieve?” Our bodies can be at rest, but our minds busy. Or our minds at rest while our bodies run here and there. We are pulled apart in many directions. And so we try to do more to fix the problem – which often makes things worse. I can remember Mum saying something like “have you got ants in your pants, can’t you sit still” and I would have said the same to my children.

Being still helps us to focus on what is happening around us and more importantly what someone is saying to us.

People today feel they must be busy all the time. When you ask someone how they are, they often answer “busy! oh so busy!” as though that is the most important thing in life. I read where a young career woman, married with children was so busy that she made appointments to see her husband and children. Has the world gone mad! This busyness robs us of that quietness where we hear one another and, where we also hear that still small voice of God and know his presence with us.

Throughout the Old Testament there are many verses where God is reminding us to be still and let Him have control. For example, in Exodus 14:13 “Moses said unto the people, fear ye not, stand still, and see the salvation of the Lord”.

How often do we stop to smell a rose, to hear the birds sing, to watch a sunrise or a sunset, to marvel at the majesty of a thunderstorm. When we do stop, our spirits are lifted, and we are renewed. While we are going around in circles, we are missing the beauty and wonder of God’s creation. Aren’t we a bit like a river when it is in flood, all churned up, debris and mud clouding its once clear and calm waters? Once the floods have subsided the river is calm again and we can see clear waters and the reflection of God’s beauty in its stillness.

I'd like to share a reflection on Psalm 46:10 (I can't remember the author)

Be still and know that I am God
I Am – always with you traveling the path you are on
I Am – faithful and true – I will never leave you
I Am – filled with joy when you are joyful
I Am – holding you in my cradled arms when you are touched by sadness
I Am – delighted with you
I Am – in love with you my blessed creation
Be Still, and know, the I Am God

Lord, we pray that as we are still before You, we may come to know You as our God, and may we reflect Your beauty so that others may also know You. Amen

[Be Still My Soul - A cappella - Eclipse 6 - Official Video - on iTunes - Bing video](#)

Be still my soul the Lord is on thy side
Bear patiently the cross of grief or pain
Leave to thy God to order and provide
In every change He faithful will remain
Be still my soul thy best, thy heavenly friend
Through thorny ways leads to a joyful end

Be still, my soul, thy God doth undertake
To guide the future as He has the past
Thy hope, thy confidence let nothing shake
All now mysterious shall be bright at last
Be still, my soul, the waves and winds still know
His voice who ruled them while He dwelt below

Be still, my soul: the hour is hastening on
When we shall be for ever with the Lord
When disappointment, grief and fear are gone
Sorrow forgotten, love's pure joy restored.
Be still, my soul: when change and tears are past,
All safe and blessed we shall meet at last.

Yours in Christian love and service

Lyn

0412 990 949