



Psalm 46

**STOP!**

## Theme Verse

### Psalm 46:10

“Be still, and know that I am God.” (NIV)

- *Our God says, "Calm down, and learn that I am God!"* (CEV)
- *“Be still and know (recognize, understand) that I am God.”* (AMP)
- *“Stop! Cease doing things your way and put your trust in God”* (DLV)

# Psalm 46

- Verses 1-3 (*Selah*)
- Verses 4-7 (*Selah*)
- Verses 8-11 (*Selah*)

# Psalm 46

- ❑ Verses 1-3 God is our <sup>1</sup>refuge (*Selah*)
- ❑ Verses 4-7 God is our <sup>2</sup>security (*Selah*)
- ❑ Verses 8-11 God is our <sup>3</sup>peace (*Selah*)

## Causes of “noise, chaos, thoughtless activity”

- × Anger
- × Fear
- × “Karoshi” (Jap) = long working hours, job related stress and poor work-life balance
- × Self-reliance
- × Other...

# Possible solutions

- I act: (*fight/flight/faint*)
- I depend on others: (*therapy, meditation, medication*)
- **God says**: “**Stop and recognise I am God!**”

(NOTE: If you are receiving treatment for any issue do not stop without medical advice)

## Case Study # 1 *1 Kings 18:1 – 19:14*

- Chaos
- Calm down – “be still & know that I am God”
- Controlled by God
- 1 Kings 19:12 *After the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was a voice, a soft whisper.*

## Case Study # 2 *Mark 4 :35-41*

- Chaos
- Calm down – Call on God (38)
- Controlled by God
- Mark 4:39 “Hush, be still.”



## Lessons to learn

*“Be still & know that I am God.”*

1. Make God your first choice not your last resort

2. When faced with chaos – STOP, LOOK & LISTEN

3. Spectacular does not mean spiritual or God at work

4. God *may* appear in the spectacular, but mostly as a “still small voice”

5. Sacred trust – God is my <sup>1</sup>refuge, <sup>2</sup>security & <sup>3</sup>peace