

DAY 5 STILL

Psalm 46.10

"Be still, and know that I am God'."

It's one thing to see this verse on a needlepoint pillow or a refrigerator magnet, and quite another to take in the fullest meaning and context and live it out in our lives! As God addresses his people, Israel, He doesn't only tell them to "be still" or "take a deep breath" and "chill." This psalm was likely written during a time of war-and God is commanding them to "stop fighting" and open their eyes to who he is. In some translations, "Be still" is translated, "Cease striving." The Hebrew word *rapa* means to "slacken, let down or cease." The word carries

the idea of "to drop, be weak, or faint." It connotes two people fighting until someone separates them and makes them drop their weapons. It's only after the fighting has stopped that the warriors can acknowledge their trust in God. Stop frantic activity, to let down, and be still. Look to the Lord for his help.

It's so easy to be fearful when things aren't going our way, right? Or when there are challenges before us that are too difficult for us. In the midst of the struggle, the battle, God tells his people to wake up and recognize who's on their side!

And in that light, the tone of this verse can be understood like this: stop striving, stop fighting, and stop trying to do things on your own! Stop stressing about the battle in front of you, and trust me. Remember, I am the Lord- even in what seems like the 14th month of 2020!!! I know you're exhausted, and it's been a trying year! But, I am still your refuge and strength. You have nothing to fear or worry about- really- when I am with you! I will fight your battles and deal with your enemies. So get out of my way. Step back, open your eyes, and acknowledge who I am and what I can do. Let me be God in your life- and in this world-- I know what I'm doing. Don't try and do my job for me. Be patient, be still, and let me go to work.

The majority of the psalm is written in the third person as he speaks about God. Now, we hear God's own voice as he speaks in the first person: "Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Even right in the middle of conflict, the unknowns of life, and turmoil, sometimes we just need to open our eyes, step back, stop what we're doing, and acknowledge who God is and what only he can do. Doing exactly that will provide genuine comfort in our chaos and peace in the middle of our struggle.

Daily Practice

We live in a world of hurry and strife. And we do need to be still in God's presence--but to get there, take time to meditate on the word, STILL, throughout the day. Create some space today for some quiet- to be still. And as you do, sit down with a pen and paper (or notes on your phone), and write down at least five worries, struggles, inner/outer battles going on in your life. Look at them, think about them, and ask God to help you step out to trust him by acknowledging that He is God and you are not. Present these struggles to him and ask him to intervene in each one- do the fighting for you as you let go. "Be still...and KNOW....that I AM GOD." Amen

The below reflections are written by congregants & staff of CPC. All reflections are following Trevor Hudson's book *Pauses for Lent* and are both heavily influenced and borrowed from his work. Any quotes without attribution should be credited to him.