



## Be Still

Pastor Daren L. Barron | November 5, 2023

### 10 Simple Steps in Making Wise Decisions

1. Be very clear about who your real guide is; whoever has control of your heart has control over you.
2. When you know who your real guide is, Pray for guidance
3. Ask for advice
4. Get the facts; know the Truth!
5. Setting goals helps you avoid unwanted distractions
6. Count the Cost
7. Plan for Problems
8. Understand how your emotions (fear, happy, sad, angry, excitement) work

### Be Still

#### Psalm 4:4 Amplified Bible, Classic Edition

Be angry [or stand in awe] and sin not; commune with your own hearts upon your beds and **be still** [Remember His Word, Reflect on your sin, Repent of your rebellion and Recognize His Grace](sorry for the things you say in your hearts). Selah [pause, and calmly think of that]!

- This is an evening prayer, given by David in a distressing situation. Night often magnifies our problems, but it also provides time to reflect. When people are causing us trouble, this verse counsels to be angry and sin not. Instead, while lying awake, we should look deep within our own heart. What are our temptations and struggles? Where do we need to trust and surrender more? The call to be still is a call to be silent and examine our own heart before God.

### Be Still so I can BE STILL and Know

#### Psalm 46:10 Amplified Bible

"**Be still and know** (recognize, understand) that I am God. I will be exalted among the nations! I will be exalted in the earth."

- What does it mean to be still and know that God is God? To dig deeper into that verse to see what it's really saying, I'm going to have to bust out some Hebrew — The Hebrew word that's used here for the phrase "be still" is the word *râphâh*... It means "to hang limp, sink down, be feeble." That is much different than what we usually take the phrase "be still" to mean. I don't know about you, but whenever I have heard that verse in the past, I thought it meant to sit perfectly still, to be quiet, to try to meditate---all of which are really good things

that we should do; **it is not incorrect it is just incomplete.** Now, in this context, râphâh means to let yourself sink, to let go of your rigidity, to **allow yourself to be weak**, to throw off all of the pretenses of strength and become "feeble." **It's more than just being quiet and still, it's complete surrender, it's giving God all of you.** And what happens when we do this? We experience knowledge of God. And by "knowledge" I mean the Hebrew word yâda<sup>2</sup>, which is the word used here, and which means "to have intimate knowledge." We allow God to intercourse with us, supplying strength to our weak areas. Trusting Him to do what we on our own cannot do.

## BE STILL!

So let's retranslate that verse from Psalm 46:10:

- "Allow yourself to become completely surrendered to God, letting go of your need to control and your messed up ideas about how strong you are, who you are and what you know; and what you will discover is an intimate, up close understanding of God that you would have never experienced otherwise."

## Be Still

- Let this be your prayer today and every day. How about taking time to stop and be still for the purpose of surrendering all to God! Think of the negative issues in your life as war (internally and externally) and God says, "relax, acknowledge your handicaps, allow Me in and let Me fill in for your handicaps." "Know and be confident that as you let Me in I will not expose you but expand you. By My Grace you will feel my intimacy packaged as Love and discover you cannot fail, because My Love exercised in you cannot fail!"
- May this be true for you, and may the grace and peace of our Lord Jesus Christ be with you now and always. Amen.

## Be Still - Pray - BE STILL & Know

### 1 Corinthians 15:31 Amplified Bible, Classic Edition

[I assure you] by the pride which I have in you in [your fellowship and union with] Christ Jesus our Lord, that I die daily [I face death every day and die to self].

### Luke 9:23 Living Bible

Then he said to all, "Anyone who wants to follow me must put aside his own desires and conveniences and carry his cross with him every day and keep close to me!

### Romans 8:13 Amplified Bible

for if you are living according to the [impulses of the] flesh, you are going to die. But if [you are living] by the [power of the Holy] Spirit you are habitually putting to death the sinful deeds of the body, you will [really] live forever.