



Be Still and Know His Power

Pastor Daren L. Barron | November 26, 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, rāphāh 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 yādaʿ, 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 and Know so the Power of God can work

2 Corinthians 12:6-10 New Living Translation

6 If I wanted to boast, I would be no fool in doing so, because I would be telling the truth. But I won't do it, because I don't want anyone to give me credit beyond what they can see in my life or hear in my message, 7 **even though I have received such wonderful revelations from God. So to keep me from becoming proud, I was given a thorn in my flesh, a messenger from Satan to torment me and keep me from becoming proud.** 8 Three different times I begged the Lord to take it away. 9 Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. 10 That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

You have been given power to speak to your issues

Mark 4:39 Amplified Bible

And He got up and [sternly] rebuked the wind and said to the sea, "Hush, be still (muzzled)!" And the wind died down [as if it had grown weary] and there was [at once] a great calm [a perfect peacefulness].

- When you surrender to God (give God everything), God will give you back the ability, the power, to tell negative things in your life to be still!

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.

Be Still

- Read The Word

Hebrews 4:12 Amplified Bible

For the word of God is living and active and full of power [making it operative, energizing, and effective]. It is sharper than any two-edged sword, penetrating as far as the division of the soul and spirit [the completeness of a person], and of both joints and marrow [the deepest parts of our nature], exposing and judging the very thoughts and intentions of the heart.

2 Timothy 2:15 Amplified Bible

Study and do your best to present yourself to God approved, a workman [tested by trial] who has no reason to be ashamed, accurately handling and skillfully teaching the word of truth.

- Hear the Word

Romans 10:17 New King James Version

So then faith comes by hearing, and hearing by the word of God.

- Speak the Word

Mark 11:23 Amplified Bible

I assure you and most solemnly say to you, **whoever says** to this mountain, 'Be lifted up and thrown into the sea!' and does not doubt in his heart [in God's unlimited power], **but believes that what he says is going to take place**, it will be done for him [in accordance with God's will].

Mark 4:39 Amplified Bible

And He got up and [sternly] rebuked the wind and said to the sea, "Hush, be still (muzzled)!" And the wind died down [as if it had grown weary] and there was [at once] a great calm [a perfect peacefulness].

- Remember The Word

Joshua 1:8 Easy-to-Read Version

Always remember what is written in that book of law. Speak about that book and study it day and night. Then you can be sure to obey what is written there. If you do this, you will be wise and successful in everything you do.

Proverbs 4:7 King James Version

Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.

- Live The Word

James 1:22-25 Easy-to-Read Version

22 Do what God's teaching says; don't just listen and do nothing. When you only sit and listen, you are fooling yourselves. 23 Hearing God's teaching and doing nothing is like looking at your face in the mirror 24 and doing nothing about what you saw. You go away and immediately forget how bad you looked. 25 But when you look into God's perfect law that sets people free, pay attention to it. If you do what it says, you will have God's blessing. Never just listen to his teaching and forget what you heard.

- Give The Word

Matthew 28:18-20 Amplified Bible

18 Jesus came up and said to them, "All authority (all power of absolute rule) in heaven and on earth has been given to Me. 19 **Go therefore and make disciples of all the nations [help the people to learn of Me, believe in Me, and obey My words]**, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe everything that I have commanded you; and lo, I am with you always [remaining with you perpetually—regardless of circumstance, and on every occasion], even to the end of the age."