



river west church

Be Still and Know That I Am God

Psalm 46

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It's hard to be still. We live lives of constant motion. We don't know how to be still on normal days. When things start to fall apart it's even harder. The easiest thing to do is to freak out. We ramp up the activity; live in crisis mode.

Psalm 46 is epic. Its message is set against a backdrop of seeming disaster. The world is literally falling apart, or so it appears. That's what makes the message so powerful.

"Be still and know that I am God."

Really? Yes!

This is a Psalm of radical contrasts. It's crisis after crisis of apocalyptic proportions. But there, in the midst of it all is a quiet, gently flowing river – the river of God.

Nations rage, mountains quake, and armies march. But above it all stands the reality of God: the Lord of Hosts, the Most High, the God of Jacob. He more than counter balances the chaos. He has a plan, a city, and a kingdom. His will is going to prevail. No matter what.

So what's left to do? Be still – as crazy as that might sound.

All of this is set to music. This is a song to be sung. That means being still involves more than doing nothing. But what is a song against an onslaught? What is a chorus in the face of chaos? What is praise when all the power of hell is loosed against you? Here's the answer: it's an act of faith in the living God. It's taking your stand in the power of the Gospel regardless of all circumstances. It's the vocal affirmation of our faith in the face of trouble. This is the kind of "active" stillness that clings to Christ by faith. This is Christian maturity in action, simply by being still, being a worshipper. May the Lord help each of us to "be still" in just this way. Psalm 46 is our guide.