

Be still and know that I am God – reflection

Psalms 46

God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.
There is a river whose streams make glad the city
of God,
the holy place where the Most High dwells.
God is within her, she will not fall;
God will help her at break of day.
Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.

The LORD Almighty is with us;
the God of Jacob is our fortress.
Come and see what the LORD has done,
the desolations he has brought on the earth.
He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
He says, 'Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.'
The LORD Almighty is with us;
the God of Jacob is our fortress.

'Be still ...'

Our 21st century ears hear ... stop what you're doing, pay attention, be at rest, slow down, declutter.

The ancient Hebrew speaker hears the word 'raphah.' It is a slightly more edgy and nuanced word. Its meaning is more along the lines of being weak, letting go and releasing.

It is about surrender (letting go) from a place of weariness, weakness and even failure.

Am I prepared to let my guard down with the various things I've put in place to protect my hurt and to hide my shame? Remove the shields used to protect myself against failure and the weapons I deploy to defend myself against pain and criticism?

'Be still and know ...'

Perhaps instead of the word 'and' we use the phrase 'in order to.'

Until I reach that place of vulnerability and surrender, I cannot begin to properly know who God is.

'Be still and know that I am God'

We know God as He reveals Himself. This psalm is a wonderful revelation of who God is and who He wants to be to us and how He wants us to know Him.

Go back through the psalm and explore how God reveals who He is and how He wants His own (that's you!) to see and relate to Him in difficult times.

Song – Hide me now (Still)/It is well with my soul

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