

Thursday, March 26, 2020

Turn off the outside “noise” for a couple of minutes and consider this message from God’s Word.
I am praying that it calms your spirit and encourages your heart.

PSALM 46 (NIV)

¹⁰ **“BE STILL, AND KNOW THAT I AM GOD;**

**I will be exalted *among the nations,*
I will be exalted *in the earth.*”**

¹¹ The Lord Almighty is **with** us;
the God of Jacob is **our fortress.**

— PART 1 —

“Be still, and know that I am God” — there has been drama and trauma in Psalm 46. But now comes a word that’s almost jarring. **“Be still. Slow down. Stop. Hit the Pause button. Hit the brakes. Whoa Nelly.”** Wait, *what?*

Me?

Be still?

You’re telling me this right now? Right when life is speeding up? Right when I’ve got to keep checking and rechecking the current state of the virus?

Yep. “Be still.”

After all, v. 4 reminded us that “There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

The river is the place God lives.

The place of God’s presence.

And a wonderful thing to do by a river . . . is to slow down. Be still. Lie down. Take a moment to reflect. “*Selah.*” Practice Sabbath.

Another Psalm encourages the same thing:

The LORD is my shepherd...
and **He makes me lie down** in green pastures,
he leads me beside quiet waters...

And why does he do that? Because that’s the way

he refreshes my soul.

PSALM 23:1-3 (NIV)

And what happens when we slow down — stop moving — be still?

We have the space to get to know someone. God! (The same principle works with our loved ones.)

¹⁰ **“BE STILL, AND KNOW THAT I AM GOD...”**

God doesn't send diseases and disaster upon us. But he is more than able to **leverage** a disease or disaster . . .

to help us grow . . .

to stretch us . . .

to develop our character (read Romans 8:3-5). . .

to invite us into relationship.

“...we *know* that
in **all** things
GOD WORKS
for the good
of those who love him...”
ROMANS 8:28 (NIV)

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So we cry out,

**“God, when things go south, when times get tough,
when I'm in pain, or worried, or scared,
I am tempted to speed up.
To hit the accelerator.**

**Yet you have invited me to 'BE STILL.'
Do you think you could help me learn how to do that?
Because it would be a really good time to get to know you better.”**

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May God's joy and gladness be poured out on you today,

Pastor Doug

P.S. We would love to hear from you! How are you doing right now? And we would love to pray for you! Email us at info@bethanyonline.net

P.P.S. Keep checking this page — we will try to post fresh encouragement **every day** during this crisis!

P.P.P.S. And watch our **LIVE-STREAM Worship Service** this coming Sunday at 10:30 a.m. for more encouragement.