

TRIUMPHANT LIVING IN TURBULENT TIMES

BE STILL AND KNOW
THAT I AM GOD!

Tuesday, September 3, 2024

The Gathering
Rev. Dr. Cynthia L. Hale, Pastor
Ray of Hope Christian Church | Decatur, GA

Psalm 46:1-11

Be Still And Know That I Am God!

God is God!

Be still and know that I am God.

“What do you do when you
don't know what to do?”

Be still and know that I am God.

The 46th division of Psalms is a wonderful hymn or song with three stanzas that celebrate the presence, the providence, the power and the protection of our God.

This Psalm is a sublime expression of quiet confidence in God's sovereignty amid the upheaval of nature and history.

God is Sovereign, God reigns.

II Kings 18 and 19

“Do not be afraid... for I will
defend the city and save it.”

We don't need to panic,
we need to pray.

Prayer is the means by
which we communicate our
concerns, face our fears,
surrender our struggles to
God and get results.

If my people, who are called by my name will humble themselves and pray, seek my face and turn from their wicked ways, then will I hear from heaven, and I will forgive their sins and will heal their land.

II CHRONICLES 7:14

Do you believe in the power of prayer?
If you have doubts about prayer, what are they? Discuss them honestly in your small groups or with a family member or friend, a brother or sister in Christ.

DISCUSSION

If you don't believe that God
can and will do what we
ask of Him, then why pray?

You must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect anything from the Lord. That person is double-minded and unstable in all they do.

JAMES 1:6-7

And he (Jesus) did not do many miracles there because of their lack of faith.

MATTHEW 13:58

God is our refuge and strength,
an ever-present help in trouble.

Do you believe that God is sovereign?
Do you believe that nothing happens in the world and in our lives that he does not allow, that nothing is beyond his control? Why or why not? What's the evidence in your life?

DISCUSSION

He is our God, our refuge, and
our strength, our ever-present
help in trouble.

I know the plans I have for you, plans
to prosper you and not to harm you,
plans to give you hope and a future.

JEREMIAH 29:11

Remember this, fix it in mind, take it to heart, you rebels. Remember the former things, those of long ago; I am God and there is no other; I am God, and there is none like me.

ISAIAH 46:8-11

What promise of God is the mainstay in your life – the one that you repeat or return to daily, weekly, monthly to help you stand when times become rough?

DISCUSSION

The Lord is my light and my salvation—
whom shall I fear? The Lord is the
stronghold of my life—of whom shall I
be afraid?

PSALM 27:1

Those who dwell in him and
in his tabernacle are
safe and secure.

There is a river whose streams make
glad the city of God, the holy place
where the Most High dwells.

PSALM 46:4

The river that the Psalmist speaks for is a metaphor of blessing and restoration.

The river is also symbolic of God's presence. God refers to himself in Jeremiah 2:13, as the spring of living water.

The help of God at the break of dawn suggests that in the darkness of distress the people of God know that the Lord will not let us suffer unduly long.

Weeping may endure for a night,
but joy comes in the morning.

PSALM 30:5b

The acts of God's unfailing love and
mercy are new every morning.
Great is his faithfulness!

LAMENTATIONS 3:22-23

Finally, the Psalmist invites the people of God to be wise, to be discerning and remember the works of the Lord, all he has already done for us, all the evidence of God's care, protection and providential rule through the years.

In quietness and trust so shall
your strength be.

ISAIAH 30:15b

I will be exalted among the
nations; I will be exalted
in all the earth.

Our God reigns!

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