**Devotional Bible Study: God Says Be Still | Psalm 46:10** *Pastor Todd Pembroke 04.17.24*

Psalm 46:10 **ESV** **“Be still, and know that I am God. I will be exalted among the nations; I will be exalted in the earth!”**

**CSB** **"Stop your fighting, and know that I am God, exalted among the nations, exalted on the earth."**

We all know Psalm 46:10 very well. In today's devotion, I hope to remind you that God is strongly urging you to be still. That is why I chose to show the e CSB translation of Psalm 46:10 too. There are many other Bible translations of Psalm 46:10 and they are all good translations, but they often convey a sense of tranquility. The CSB verse is God loudly calling and instructing us to be still in His presence and remember that He alone is God.

God is the creator of the world, and of the land and sea. God is calling us to reflect on all that He has done. We must consider who God is and how His amazing plan for our redemption is through the blood of His Son, Jesus.

Psalm 46 was written as a song of praise and thanksgiving because God had delivered Jerusalem out of the hands of their enemies. The Holy City had been surrounded and God's people were threatened with extinction. But....God intervened! This is when God breaks into Psalm 46 in verse 10 and tells the people to never forget who He is, that He will be exalted over all the nations. And it when it appears that God doesn’t intervene, we must trust who God is and know that He is sovereign, in control, and has a plan even if we don’t understand it or like it.

God says be still! Do you know God's peace? Do events in your life seem out of control?

Psalm 46:10 is my go-to verse when I am anxious. Just the reminder in the words*, 'Be still and know that I am God*’ fills me with peace and there is so much comfort to be found in this verse. When the words *'be still'* are translated from Greek, these same words mean *'to stand empty'* or *'to be unoccupied'*. God is telling us to stop panicking and trust Him. God has a sovereign plan for each of our lives. We can't control everything, and this knowledge can fill you with peace because God can step into your situation **when you surrender it to Him**. God wants you to *'stand empty'*. He wants you to hand over all your cares and burdens into His hands and then let His peace flood into your heart.

This releases the blessing of peace, and it also provides room for God to work in your life. When you *'stand empty'* that means you acknowledge that you can't fix your problems yourself and that you are reliant on God. That is the perfect place to be, to be totally surrendered and reliant on God.

Are you to obey God's command to *"stand still and know that I am God"?* We don't need to know what God is going to do for our situation or when He is going to work in it. We just need to know that He is with us and then trust Him.

**What is your answer to the following questions:**

1. Have you answered God's command to 'stand still and know that I am God'?
2. Do you believe that God is in control of your life and that He has good plans for you?

**Remind yourself often of these biblical truths:**

1. I am commanded to stand still and know that He is God.
2. God has a sovereign plan for my life.
3. God is working in my life right now in ways I may not see or understand.

**Scripture prayer for Psalm 46:10:**

Thank you, Father, for commanding me to 'be still ' and trust You. Forgive me for trying to control everything in my life. Give me the courage to ' stand empty ' and to surrender everything into Your hands. Help me to comprehend that You are God and that You have a good plan for my life. Thank you so much for Your redemptive plan that You have provided for me through Jesus. Amen.

**Other encouraging bible verses to remind you to be still and wait on the Lord:**

*Exodus 14:14, Psalm 131:2, Isaiah 32:17*