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MESSAGE NOTES

Be Still And Know That I Am God

Psalm 46

James Brown

God is our refuge

What this means is that in the midst of life's storms we can run to God and He will protect us. There are all sorts of different types of storms in life which we all go through. But when God is your refuge, you can be still in the midst of the storm.

Matthew 7:24-25 "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock."

God is our strength

Other Bible translations have here that 'God is our fortress'. A fortress provides protection in the face of enemy attacks. As children of God we have an unseen enemy but Satan can only attack you to the extent that God allows and God has promised that He will never allow you to be tested beyond what you can bear.

Psalm 18:2 The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

God protects us from anything that would ever be to our detriment and only allows difficulties and hardships that will ultimately be to our benefit.

An ever present help in times of trouble

God works most powerfully on our behalf in our times of trouble. We can understand from the second half of Psalm 46 that He is God almighty. He is all sovereign with the power to still any storm and cause any war to cease. And it's in this context that we are commanded to 'be still and know that I am God'. Because this all-powerful helper is on our side.

Hebrews 13:6 So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"