

*“Be still, and know that I am God.”*

***Psalm 46:10***

I don't know why, but I've often thought of this verse from Psalm 46 and remembered it in time of need. Sometimes I think of it when I'm alone, or on a plane; I often think of this verse and listen for the voice of God in quiet times which, sadly, are not nearly often enough. And at times, if I listen closely enough, and am actually still enough, I can hear Him speaking to me in the small, quiet voice of my conscience, advising me, showing me the right thing to do, or explaining to me in the still of the night the troubles of my day.

But the true meaning of this verse is far more powerful than my usual interpretation, which, in fact, is taken out of context from its real meaning. God is here to help us, right here and right now, in our daily lives. God is our source of strength, no matter how mighty our enemies, or how perilous our troubles. God is with us, as long as we love and revere Him, and turn to Him in our need. Because of His presence, we have nothing to fear. He is our fortress and our God.

**Psalm 46:1-2:** “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.”

**Psalm 46:10-11:** “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.”

*Father, Help me understand and feel Your presence in my everyday life. Help me truly understand that I am not alone, no matter where my walk in life may take me. I acknowledge that I am a poor servant who puts his own desires ahead of Yours. Forgive me my sins and help me understand that it is I who must be still, and know that only You are God. In Jesus name, Amen.*

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(Submitted in 2007)

