

**Key Passage:**

Psalm 46:10

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

**The promise:**

Psalm 46:1

God is our refuge and strength, a very present help in trouble.

very present help: as being one who allows Himself to be found in times of distress (2Ch 15:4, and frequently) exceedingly; i.e., to those who then seek Him He reveals Himself and verifies His word beyond all measure.

## Why am I blind to God's presence?

### Be still Calm Down

still: to let go, to let drop

Our modern culture lifts up the self-made, self-sufficient person, but God calls us to reliance on Him.

The Lesson of the Sabbath Exodus 20:8-11

If you take your days into your own hands, you will enslave yourself. Sabbath, in principle, implies that “six days God’s way” are better, more productive, and more blessed than “seven days my way.” ... When you rest, you trust. God says, “I gave you seven days, and I want you to spend one of them resting, restoring, and reverencing me.” Accepting our limits and resting on purpose is our way of acknowledging, “It’s not all about me, it’s not all up to me! God, You’ve got this, You’ve got me! You can do a better job of running my life than I can, so for the next twenty-four hours, I choose to trust You by resting.” Seriously, God has handled the universe without you and me for thousands of years. Do we dare think it’s going to fall apart without us? To rest is to trust that God is handling things well without me.

Cary Schmidt  
Live Lighter, Love Better

### And know that I am God Renew Confidence

Satan has been trying to shake our confidence in God’s competence since time began.

I cannot say to you, I know exactly what you're going through. But I can say that I know the One who knows. And I've come to see that it's through the deepest suffering that God has taught me the deepest lessons. And if we'll trust Him for it, we can come through to the unshakable assurance that He's in charge. He has a loving purpose. And He can transform something terrible into something wonderful. Suffering is never for nothing.

Elisabeth Elliot  
Suffering is Never for Nothing

Our cause is never more in danger than when a human, no longer desiring, but still intending, to do our Enemy's (God's) will, looks round upon a universe from which every trace of Him seems to have vanished, and asks why he has been forsaken, and still obeys.

C S Lewis  
The Screwtape Letters

**I will be exalted among the heathen, I will be exalted in the earth.** Remember God is and always will be in Control

Psalm 2:2-4

The kings of the earth set themselves, and the rulers take counsel together, against the LORD, and against his anointed, saying, [3] Let us break their bands asunder, and cast away their cords from us. [4] He that sitteth in the heavens shall laugh: the Lord shall have them in derision.

Philippians 2:9-11

Wherefore God also hath highly exalted him, and given him a name which is above every name: [10] That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; [11] And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Revelation 5:11-13

And I beheld, and I heard the voice of many angels round about the throne and the beasts and the elders: and the number of them was ten thousand times ten thousand, and thousands of thousands; [12] Saying with a loud voice, Worthy is the Lamb that was slain to receive power, and riches, and wisdom, and strength, and honour, and glory, and blessing. [13] And every creature which is in heaven, and on the earth, and under the earth, and such as are in the sea, and all that are in them, heard I saying, Blessing, and honour, and glory, and power, be unto him that sitteth upon the throne, and unto the Lamb for ever and ever.