

On Being Still

A Homily on Psalm 46

God Is Our Fortress

To the choirmaster. Of the Sons of Korah. According to Alamo. A Song.

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling.

Selah

There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts. The LORD of hosts is with us; the God of Jacob is our fortress.

Selah

Come, behold the works of the LORD, how he has brought desolations on the earth. He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. **"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"** The LORD of hosts is with us; the God of Jacob is our fortress.

Selah

**Psalm 46 ""Be still, and
know that I am God.**

ESV

For Reflection & Discussion

Passages for thought:

Genesis 2:1-3; Matthew 14:22-23; Mark 1:29-39; Psalm 88; Psalm 139

- 1.) What would happen if you stopped and did nothing for 15 minutes? 1 hour? half a day?
- 2.) What gets in the way of you being Still?
- 3.) Write a page on who you really think God is (no one will read this if you do not want them to). Could you talk to God about this?
- 4.) What "War" are you fighting? What would it be like to put down your weapon?
- 5.) What concrete steps could you take to be Still?

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know that I am God.**