

“Be Still And Know”  
Psalm 46:1-11  
1/1/23  
Message 1

## Introduction

- Title Of The Message: “Be Still And Know”
- **Illustration: Uncertainty for the future - Ending 2022 and Beginning 2023**
  - **Uncertainty For The Future**
    - **Economy is a Mess**
      - CNBC
        - *“Global economy is heading into a decade of low growth, economist says”*
      - Inflation
        - Forbes
          - *“Why Is Inflation So High?”*
        - LA Times
          - *“Final California inflation relief payments are coming, with debit cards being sent by Jan. 14”*
      - Interest Rate Climbing
        - Housing Market Cooling Off
      - Gas Prices Climbing
    - **World News Headline**

- War – in Ukraine
- COVID
  - Will It ever go away
  - Huge Outbreak in China
- Airlines Struggle
  - *“More Mass Cancellations as Southwest Struggles to Untangle Travel Meltdown”*
- **Morally**
  - *The Centers for Disease Control and Prevention has issued an “assessment tool” for teachers and school administrators to measure their commitment to “LGBTQ inclusivity” in their classrooms.*
  - Drag Queen Story time on the rise
  - We are Clearly Living in Romans 1
    - Our Nation has Rejected God
    - So God is GIVING them UP
      - To Sexual Immorality
      - To Homosexuality
      - To a Debased Mind
- **Spiritual Warfare**
  - Many in our church – Are going through the battle
    - Health Issues

- Death of Loved ones
- Work Struggles
- Family Struggles
- We Should not be surprised –
  - We are Standing Strong on Biblical Truth
- **SO – It is Critical we Understand**
  - This Psalm Points out our HOPE
  - Our Hope is NOT in the
    - NEW YEAR
    - New President
    - New Congress
    - Circumstances Changing
    - To see Goodness in the land
  - This Psalm Tells us our HOPE IS IN GOD

## • **Context to this Psalm**

- **1<sup>st</sup> Title of The Psalm**
  - To the Chief Musician.
  - A Psalm of the Sons of Korah.
  - A Song For Alamo.
- **2<sup>nd</sup> To The Chief Musician**

- This and MANY other Psalms are Songs
  - They would be sung on many different occasions
- Martin Luther used this Psalm
  - Many call this “Luther’s Psalm because he wrote a famous hymn based on this Psalm.
  - A mighty fortress is our God,  
A bulwark never failing;  
Our helper he amid the flood  
Of mortal ills prevailing.
- **3<sup>rd</sup> A Psalm Of The Sons of Korah**
  - Context
    - Moses leading Israel through the wilderness just after leaving Egypt.
    - In Numbers 3
      - God set aside the Levites, out of the tribes of Israel, for full time service to Him.
      - They were ordained to take care of the tabernacle and all of its implements, as well as the Ark of the Covenant.
      - Only the descendants of Aaron, however, were allowed to serve as priests.
      - The three sons of Levi were
        - Gershon, Merari, and Kohath.
    - Duties Given BY GOD
      - The Kohathites were responsible

- The ark
- The table
- The lamp stand
- The altars
- The articles of the sanctuary used in ministering,
- The curtain, and everything related to their use.
- They were under the direct supervision of Eleazar, son of Aaron.
- The Kohathites
  - Had to carry their items, the holy things of the tabernacle, on their shoulders.
  - Many of the Kohathites began to disdain this task and to covet the role of the priests.
- Now Korah was the grandson of Kohath
  - He Led a Rebellion Against Moses
  - In pride, they roused a group of 250 men
  - To challenge the right of Moses and Aaron to the priesthood (Numbers 16).
- Moses' Response
  - Summoned the rebellious men to stand before God and burn incense.

- God warned Moses to let the assembly know to get away from Korah, Dathan, and Abiram, their households, and the other rebels.
- Then a remarkable and terrifying event happened.
- If God is For you – You will die of natural causes
- BUT if God is Against you – The ground will Swallow you UP
- Well that is what happened – Korah and all those that led the rebellion got swallowed up (Numbers 16:28–35).
- God Showed Grace
  - Korah's Sons Allowed to LIVE
  - Would later become
    - Doorkeepers and custodians for the tabernacle (1 Chronicles 9:19–21; 1 Chronicles 2.)
    - One group of Korahites (1 Chronicles 12:6) joined King David in various military exploits and won the reputation of being expert warriors.
    - Writers Of the psalms in the Bible
    - 11 are attributed to the sons of Korah
    - Psalms 42, 44, 45, 46, 47, 48, 49, 84, 85, 87, 88
    - These beautiful psalms express a spirit of great gratitude and humility to an awesome, mighty God.

- **4<sup>th</sup> A Song For Alamo**

- Is a musical direction we truly can't define
- The Hebrew word normally has to do with "girls" or "young maidens."
- Some have said it possibly indicating a song which was to be sung with female voices at a higher range.

- **5<sup>th</sup> Backdrop**

- We can't be 100% certain
- A couple of thoughts
  - 1<sup>st</sup> Jehoshaphat's deliverance from the combined forces of the bordering nations.
    - (2 Chronicles 20:1-37)
  - 2<sup>nd</sup> King Hezekiah - God's deliverance of Jerusalem from the Assyrians
    - (2 Kings 18–19; 2 Chron. 32; Isa. 36–37)
    - Most commentaries believe this to be the backdrop
    - Quick Review
      - The Assyrian army led by Sennacherib
        - Was in the process of conquering the world
        - They had conquered the Northern Kingdom of Israel
        - And now moving against Judah.

- Their armies were heading to Jerusalem
- The Assyrian army was Brutal
  - Had been invincible
  - They were Evil people
  - It was said they would physically mutilate their enemies bodies.
  - They would cut off their ears or their noses, they would pull out their tongues, they would put hooks through their lips and lead them away captive
  - History records, when a city was surrounded by Assyrians and they saw there was no escape
  - There would be mass suicides within the city.
  - Suicide being preferable to being a captive of the Assyrians because they were so cruel.
- Sennacherib had sent a letter to Hezekiah
  - Demanding a surrender!
  - *(The whole while Isaiah was telling him to trust in the Lord, the Lord will deliver you from the hands of the Assyrians)*
- The day came when the Assyrian army arrived
  - They surrounded the city of Jerusalem and began their siege.

- BUT One morning
  - When the people of Israel woke up and went up to the walls to look out at the encamped Assyrian army
  - They saw that the whole army was lying dead in the field.
  - The night before **an angel** of the Lord passed through the camp of the Assyrians and killed
  - 185,000 Assyrians wiped out
  - God gave great deliverance!

• **So - This Psalm is ALL about TRUSTING GOD**

- No Matter What may be happening
- We will look at 3 POWERFUL TRUTH about Being Still An KNOW
  - Be Still & Know That God Is Our Refuge vs. 1-3
  - Be Still & Know that God Is Our River vs. 4-7
  - Be Still & Know That God Reigns vs. 8-11

**Be Still & Know That God Is Our Refuge vs. 1-3**

• **First: God is our refuge and strength v. 1**

- **1<sup>st</sup> God Is Our Refuge v. 1a**

***Psalm 46:1 (NKJV)***

***1 God is our refuge and strength, A very present help in trouble.***

- Refuge –

- Hebrew: Machaceh

- Means - Refuge, Shelter, from rain or storm
  - It's like finding shelter from a rainstorm.
  - It's used to describe fugitives or men at war seeking a place to hide from their enemies up in the hills and the rocks.
- **NOTE There's a different word translated "REFUGE" in verses 7 & 11.**
  - Refuge vs. 7 & 11
    - Hebrew: Misgab
    - Means - High place, refuge, secure height, retreat
  - NASB 95

**Psalm 46:1 (NASB95)**

**1** *God is our refuge and strength, A very present help in trouble.*

**Psalm 46:7 (NASB95)**

**7** *The LORD of hosts is with us; The God of Jacob is our stronghold. Selah.*

- The main idea is that of height – things up high are more secure and safe.
- It's like the ancient Israeli fortress of Masada –
- The huge mountain fort that was the last to fall to the Romans in A.D.70.
- Now hold onto this and when we see verse 7 – we see something cool about the Lord Name
- **2<sup>nd</sup> God IS Our Strength v. 1b**

**Psalm 46:1 (NKJV)**

**1** *God is our refuge and strength, A very present help in trouble.*

- Strength – Hebrew: ‘Oz
- Means: POWER, Might & Strength
  - This word is used in the sense of one person being able to prevail over another.
  - God is our strength because He is able to prevail over our troubles.

○ **3<sup>rd</sup> Lesson – Refuge and Strength**

- As our Refuge
  - We can flee to God and find Relief and Comfort
- As our Strength
  - We discover that His strength is made perfect in our weakness as we trust in Him (2 Cor. 12:9)

**2 Corinthians 12:9 (NKJV)**

**9** And He said to me, “*My grace is sufficient for you, for My strength is made perfect in weakness.*” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

- God is Our Refuge
  - The place to run to from the rainstorm
  - The place to hide when the enemy is chasing us
  - Our strength - being strong for us

○ **4<sup>th</sup> A Very Present Help IN Trouble v. 1c**

**Psalm 46:1 (NKJV)**

**1** God is our refuge and strength, **A very present help in trouble.**

- Very Present

- Means: Literally, “exceedingly findable”
- Help – Hebrew: Ezrah –
  - Help, assistance
  - This word often speaks of military assistance, help with an enemy.
- Trouble – Hebrew: Tsarah –
  - Means: Literally a “tight spot”
- IN Trouble
  - NOT FROM Trouble
  - We WILL Have Trouble in this life
  - Always to remind us – this life is not IT
  - Heaven is coming
- Lesson -
  - IN Troubles
    - Yes we will Have Troubles – Sadly some believer don’t believe this
    - Horatio Spafford – It is Well With My Soul
      - Chicago lawyer
      - Chicago fire of 1871 wiped out his holdings
      - Son Died
      - 4 Daughters died – Ship wreck

- What you may NOT know
  - Spafford belonged to a Presbyterian church, and they considered the tragedies that his family had gone through as some sort of divine punishment from God
- God is Easy to FIND
  - He's not that far.
  - God spoke through Jeremiah

**Jeremiah 29:12–13 (NKJV)**

**12** Then you will call upon Me and go and pray to Me, and I will listen to you.  
**13** And you will seek Me and find Me, when you search for Me with all your heart.

**• Second: Therefore we will not fear v. 2-3**

- **1<sup>st</sup> Therefore WE Will NOT FEAR v. 2a**

**Psalm 46:2–3 (NKJV)**

**2** Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea;

- The psalmist applied the logic of faith.
  - If God is a real refuge, strength, and help to His people
  - Then there is no logical reason to fear – even in the biggest crisis (though the earth be removed)
- NOT FEAR
  - Repeat this over and over in your heart
- **2<sup>nd</sup> The earth be removed...the mountains carried...vs. 2b-3a**

**Psalm 46:2–3 (NKJV)**

2 Therefore we will not fear, **Even though the earth be removed, And though the mountains be carried into the midst of the sea;**  
3 **Though its waters roar and be troubled, Though the mountains shake with its swelling.** Selah

- NO need to fear
  - Even if the earth, the mountains be carried away
  - Giant earthquakes. Mountains thrown into the sea.
- **3<sup>rd</sup> Lesson**
  - Responding to fear
    - If your TRUST is in
      - The land, world, etc...
      - Then when the world crumbles – you will FEAR
    - BUT – If your TRUST is in the LORD you will NOT FEAR
- **4<sup>th</sup> Selah v. 3b**

**Psalm 46:3 (NKJV)**

3 *Though its waters roar and be troubled, Though the mountains shake with its swelling.* **Selah**

- Was and is worthy of pause and careful thought.
  - Stop on this and Meditate

**Be Still & Know That God Is Our River vs. 4-7**

- **First: There is a river whose streams shall make glad the city of God**  
**v. 4**

**Psalm 46:4 (NKJV)**

4 *There is a river whose streams shall make glad the city of God, The holy place of the tabernacle of the Most High.*

- **1<sup>st</sup> The city of God**

- This is the city of Jerusalem

- **2<sup>nd</sup> There is a river**

- What river is this?

- It was not uncommon for an ancient city to be built on the banks of a river for a water supply.

- Ancient and modern Jerusalem does not have a river.

- But it does have a spring - The Gihon Spring.

- In preparation for the Assyrian invasion

- Hezekiah had his engineers dig a tunnel through 1500 feet of solid rock from the Gihon spring outside the city walls to the pool of Siloam inside the city walls.

- Then they covered up the Gihon spring so the Assyrians would have no water supply.

- The water would be hidden from the enemy, while the city would be refreshed by it.

- Perhaps this might be in the Psalmist's mind. It's a river, but a hidden river.

- The Prophets

- Ezekiel speaks of a river appearing during the Millennium, flowing from the altar in the Temple (Eze. 47:1-2).

- John saw another river in the New Jerusalem, flowing from the throne of God (Rev. 22:1-2).

- Speak of God and His provision
- **3<sup>rd</sup> The river flows and makes all the city of God happy.**

**Psalm 46:4 (NKJV)**

**4** *There is a river whose streams **shall make glad the city of God**, The holy place of the tabernacle of the Most High.*

- The City of God is glad
  - Because life-giving water is always present in that dry land.
  - Because a river is sometimes a picture of peace (Isaiah 48:18, 66:12).
    - Jerusalem is in perfect peace.
  - Because the city is secure, having one of the best defenses against an enemy besieging the city – guaranteed water.
  - Because God is With Them
- **4<sup>th</sup> Lesson**
  - Jesus

**John 4:14 (NKJV)**

**14** *but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.”*

- Holy Spirit

**John 7:37–39 (NKJV)**

**37** *On the last day, that great day of the feast, Jesus stood and cried out, saying, “If anyone thirsts, let him come to Me and drink.*

**38** *He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”*

**39** *But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.*

- The river is the work of the Holy Spirit in our individual lives
- Flowing out of us and soaking us and those around us.

• **Second: God is in the midst of her, she shall not be moved v. 5**

**Psalm 46:5 (NKJV)**

**5** *God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn.*

○ **1<sup>st</sup> God is in the MIDST of her**

- Because of His presence she is more firmly set than the earth which may be moved (Psalm 46:2).
- The city is so established because God shall help her.

○ **2<sup>nd</sup> Just at the break of dawn**

- For Hezekiah - God's help came in the morning

**Isaiah 37:36 (NKJV)**

**36** *Then the angel of the LORD went out, and killed in the camp of the Assyrians one hundred and eighty-five thousand; and when people arose early in the morning, there were the corpses—all dead.*

- Lesson
  - We May have to GO through the DARK nights
  - Don't quit in the middle of the night.

• **Third: The nations raged...He uttered His voice, the earth melted v.**

**6**

**Psalm 46:6 (NKJV)**

**6** *The nations raged, the kingdoms were moved; He uttered His voice, the earth melted.*

○ **1<sup>st</sup> Nations Rage**

- Rebel against God
- As in Psalm 2, God pays no regard to the rage of the nations.

○ **2<sup>nd</sup> At His mere voice the earth melts away.**

- They are not greater than GOD

• **Fourth: The confident chorus v. 7**

**Psalm 46:7 (NKJV)**

**7** *The LORD of hosts is with us; The God of Jacob is our refuge. Selah*

○ **1<sup>st</sup> The LORD of hosts is with us:**

- The title Lord of Host = Yahweh Sabaoth
  - That He is the commander of armies!
  - Both the army of His people and the armies of heaven
  - ONE ANGEL ONE!!!! – A NO NAME ANGEL AT THAT
  - Wiped out how many?...
  - The title emphasizes His glory and might of GOD

○ **2<sup>nd</sup> The God of Jacob is our refuge:**

- The title God of Jacob
  - Emphasizes
    - The Covenant
    - But also Grace

- Jacob was a bad character

○ **3<sup>rd</sup> Our Refuge:**

- STRONGHOLD -
- Yahweh Sabaoth – Commander of Armies
- He is FIGHTING FOR YOU

**Be Still & Know That God Reigns vs. 8-11**

• **First: Come, behold the works of the LORD v. 8-9**

***Psalm 46:8–9 (NKJV)***

**8** *Come, behold the works of the LORD, Who has made desolations in the earth.*

**9** *He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire.*

○ **1<sup>st</sup> He makes wars cease**

- Cease – Hebrew: Shabath –
- Means: To cease, desist, rest
  - The word “Sabbath” comes from this word.

○ **2<sup>nd</sup> Several ways in which this statement is fulfilled.**

- There was a “Near” fulfillment
  - God destroyed the Assyrian army gathered around Jerusalem.
- There will be a “Far” fulfillment
  - When Jesus comes back at the end of the Tribulation and destroys the armies that are gathered together to fight against Him (Rev. 19:11-21).

- There is a “Personal” fulfillment in our lives as well
  - We too have “wars” of a kind around us
- **3<sup>rd</sup> Lesson - God's peace**
  - God will one day bring peace to the planet
    - BUT our focus today - The Peace of God wants in our lives.
  - 1<sup>st</sup> The Peace with God
    - Salvation
  - 2<sup>nd</sup> The Peace OF God
    - Knowing His peace

**Galatians 5:22–23 (NKJV)**

*22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,  
23 gentleness, self-control. Against such there is no law.*

**Philippians 4:6–7 (NKJV)**

*6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;  
7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

**Isaiah 26:3 (NKJV)**

*3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.*

• **Second: A word from God Himself v. 10**

- **1<sup>st</sup> Be still, and know that I am God v. 10a**

**Psalm 46:10 (NKJV)**

**10 Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!**

▪ **Be STILL**

- Be Still – Hebrew: Raphah
  - Means: To let drop, relax, to let go; let alone; to be quiet
  - “Be still” literally means “Take your hands off! – LET IT GO
  - The idea is not that the faithful reader should stop activity and stand in one place.
  - The sense is more that argument and opposition should stop and be still.
  - This is done in recognition of God’s glory and greatness, as mentioned in the previous verse.
  - The idea is something like this: “As you know the glory and greatness of God, stop your mouth from arguing with Him or opposing Him. Simply surrender.
- Lesson
  - 2 Thoughts
  - The WORLD should stop RAGING – BE still – LET IT GO
  - Personally – We should also BE STILL – LET IT GO

▪ **Know that I am God**

- Know BY Experience

- **2<sup>nd</sup> I will be exalted among the nations v. 10b**

***Psalm 46:10 (NKJV)***

***10 Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!***

- Every fear is stilled
- Every anxiety quieted.
- His people can relax.
- He is God.
- His cause is victorious.
- He is supreme among the nations, supreme over all the earth.

**• Third: The confident chorus v. 11**

***Psalm 46:11 (NKJV)***

***11 The LORD of hosts is with us; The God of Jacob is our refuge. Selah***

- **1<sup>st</sup> The LORD of hosts is with us:**
  - We can have the confidence that the same God exalted in all the earth is with us.
  - We need no more.
- **2<sup>nd</sup> The God of Jacob is our refuge:**
  - We leave the psalm with confidence
  - This is worthy of reflection, closing with Selah.

**Closing**

- We CAN & MUST - Face the FUTURE with BOLDNESS – CONFIDENCE

- *Phillips Brooks; “Do not pray for easy lives, pray to be better men and women. Do not pray for tasks equal to your powers; pray for power equal to your tasks.”*

- Hymn – “Be Still My Soul”

- Be still, my soul; the Lord is on your side;  
bear patiently the cross of grief or pain;  
leave to your God to order and provide;  
in ev'ry change He faithful will remain.
- Be still, my soul; your best, your heav'nly friend  
through thorny ways leads to a joyful end.
- Be still, my soul; your God will undertake  
to guide the future as He has the past;  
your hope, your confidence, let nothing shake;  
all now mysterious shall be bright at last.
- Be still, my soul; the waves and winds still know  
his voice who ruled them while He lived below.
- Be still, my soul; when dearest friends depart  
and all is darkened in the vale of tears,  
then you will better know His love, His heart,  
who comes to soothe your sorrows and your fears.
- Be still, my soul; your Jesus can repay  
from his own fullness all He takes away.
- Be still, my soul; the hour is hast'ning on  
when we shall be forever with the Lord,  
when disappointment, grief, and fear are gone,  
sorrow forgot, love's purest joys restored.
- Be still my soul; when change and tears are past,  
all safe and blessed we shall meet at last.

**Communion**

- First: Remember (Looking Back at what Jesus did)
- Second: Repent / Reflect (Looking Within) 1 Cor. 11:27-28
- Third: Rejoice (Looking Forward) 1 Cor. 11:26
- Fourth: Reconcile (Looking Around) 1 Cor. 11:29, 33-34

***1 Corinthians 11:23–26 (NKJV)***

**23** *For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread;*

**24** *and when He had given thanks, He broke it and said, “Take, eat; this is My body which is broken for you; do this in remembrance of Me.”*

**25** *In the same manner He also took the cup after supper, saying, “This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.”*

**26** *For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.*