

## Be Still and Know That I Am God

“Be still and know that I Am God; I will be exalted among the nations, I will be exalted on the earth” (**Psalm 46:10**).

“The Lord will fight for you, you need only to be still (**Exodus: 14:14**).

Yesterday I was watching my grandchildren as they were playing in the sandbox. as I sat with them and laughed and talked with them I felt this wonderful calm and peace come over me. It seemed as if God were very near in the sweet stillness of the day. I suddenly was aware of the gentle breeze and the sweet smell of lilacs. I noticed the smell of freshly mown grass and the sound of a barking dog a few houses down. I listened to my grandson laugh and squeal at the coldness of the sand in the sandbox and my little granddaughter say "uh oh" every time she dropped her shovel in the sand. I sensed the presence of the Holy Spirit in this Holy moment and it refreshed me.

I didn't even realize I needed refreshing, but my Lord knew. I felt so loved and cared for in those moments. My heart swelled with gratitude for the peace that had just been given to me. An unexpected gift from my Father. In **Psalm 46:10** the Lord tells us to be still and know that He is God. He knows that in the busyness of our lives we get distracted and then we become weary. When we do not take the time to be with our Lord, when we just try to get through the day. When we tend to forget the enjoyment of the sweet presence of our God. He knows how much we need refreshed, He knows how much we need to be still, He knows what we need more than we know ourselves and He is constantly calling us to come away with Him.

Yesterday in the stillness of that moment the troubles of the day seemed to fade away, it was wonderful!! I felt the stress and anxiety lift off of my shoulders and at that moment I knew that my risen Lord was in control OF EVERYTHING!!! That in **Exodus** when the Lord said "I will fight for you, you need only to be still" I actually understood what it meant!! The Lord will fight for us!! We just need to be still and know that!!

Why?? Why would He fight for us?? Because we are His beloved children!! Yes, you and I!! We are His!! He loves us and wants to refresh us and guard us and keep us from harm!! In **Jeremiah 31: 25** scripture says "I will refresh the weary and satisfy the faint." It is hard to be refreshed when we are running here, there, and everywhere!! Always trying to be busier than anyone else!!

Sad to say in the world we live in, the busier we are the more important we feel!! Why is that?? Because we have bought into the lie that if we are not more productive than anyone else we are a failure!!

Satan likes to keep us busy!! He likes to tell us we are a failure if we do not measure up to the worlds standards. He has seen what being still and being refreshed by God can do!! That when we believers rise up and we become strong and courageous, he can't stop us!! !! It's like stopping at the gas station and refueling!! Then we can run and not grow weary and walk and not faint!! Taking time with our Lord is one of the keys to overcoming evil in these days!!

So take time to be with your Savior, take time to be still and listen to what He has to say. take time to be in sweet communion with Him and feel the love that He bestows upon us. There is nothing like it in this world. Because it is not of this world. More importantly we are not of this world, we are destined for a mansion on a hill that Jesus has prepared for us!!

Jesus loves us with an unending love. A love that is hard to understand because there is no love like His. In the stillness, that we need so desperately, that is where we begin to feel His presence, that is where we begin to feel and experience what it is like to be a **CHILD OF THE MOST HIGH GOD!**

**BE STILL DEAR ONES AND KNOW THAT HE IS GOD AND THAT HE WILL FIGHT FOR YOU, FOR HE LOVES YOU. YES, HE LOVES YOU!!!!**