TITLE: A Time to Be Still

TEXT: Ps. 46:10 & 131:1-3; Ro. 12:3; Phil. 4:11-13; James 4:4-5

INTRODUCTION: We live in a busy and troubled world today. Things I think have slowed for a lot of people with the spread of Covid 19 and all the restrictions placed upon people and school and store closing but things seemed to be slowly opening back up.

Then with the killing of George Floyd by an Minneapolis police officer the protest that usually come with this kind of tragedy anarchists have taken over and are looting and burning our cities causing fear and havoc that has not existed in our nation since the 1960”s.

Eventually this will end, hopefully without a lot of bloodshed, and we will all be back to our busy lives.

Busyness, it seems can leaves us feeling frazzled, frustrated even tense.....

Take the kids here and take them there---

a doctor’s appointment, then to the dentists, then be at ball practice or to a piano lesson, then shopping for supper---- or work all day just to come home and work some more....

I can remember when I worked in Des Moines that there were days that as I was either going to or coming home from work that I was sure that I passed myself going in the opposite direction.

Often our minds can get so busy that even when we are at home we are not really there.

In Scripture, the mind and the soul are very closely related.... There is a difference but the two are so closely connected that it can be hard to define the difference.

The Hebrew word, {neh'-fesh}, can be translated as either mind or soul, depending on context, but in general it speaks of the inner being of man....

One of the Things that most affects the neh-fesh, the mind, the soul, the inner being of man is constant or continual busyness.

Whether the busyness is caused by activity, mental or physical, or worry, or wants---whatever.....

Today, maybe more than any other time in human history, we need to grasp the importance of a time to be still...

**Psal 46:10 (NIV) "Be still, and know that I am God; I will be exalted among the nations,**

**I will be exalted in the earth."**

God gives us here an antidote for the soul that is plagued by busyness....

**"Be still, and know that I am God!"**

**07503 raphah {raw-faw'}**

**1a1) to sink down, relax, withdraw,**

**to let go, to be quiet.**

This gives me the picture of sinking down into your favorite chair or recliner at the end of a hectic day.

Just sinking down, relaxing, withdrawing from the battlefield of life and letting go of all the busyness of this world and just being quiet.

A time to just be still and know that God is God!

He is still on the throne! He still has everything under control! He still has your and my life held firmly and securely in His Hand.

Possibly, no one has understood the depths of just what it means to be still and know that He is God then King David........

**Psal 131:1 (NIV) My heart is not proud, O LORD, my eyes are not haughty;**

**I do not concern myself with great matters**

**or things too wonderful for me.**

**2 But I have stilled and quieted my soul;**

**like a weaned child with its mother,**

**like a weaned child is my soul within me.**

**3 O Israel, put your hope in the LORD**

**both now and forevermore.**

Here David expresses his childlike trust in the Lord and calls on us to do the same.

He says, **"** **My heart is not proud!"**

**heart**

**03820 leb {labe}**

**1) inner man, mind, soul, will, heart, understanding**

**proud**

**01361 gabahh {gaw-bah'}**

**1) to be high, be exalted, lofty, tall**

**Roma 12:3 (NIV) For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.**

**Do not think of yourself more highly than you ought---**

Don't allow your heart to become enlarged with self!

A lot of the busyness in our lives has to do with nothing more than we are consumed with self!

We are the all self-sufficient ones!

Look! Up in the sky! Its Super mom---can deliver 12 kids in 12 different places, work a full time job, clean the house, and have supper ready and waiting on the table all in a single bound, can do it faster than a steaming locomotive!

Or it's Super Dad! Can work 16 hours a day, single handily run the entire company, and still have time to mow the lawn, take out the trash, and spend 12 hours of quality time with the wife and kids!

If this is a description of your life, or close to it then are you thinking of yourself more highly then you ought!

Could It just be that you have a proud heart! You think that you can do it all and do it all perfectly!

A lot of the busyness of our souls, our minds boils down to nothing more that we have a prideful heart!

What will people think if my kids don't have all the latest and greatest?

What will people think if they can't eat steak and lobster at my house and be able to eat it off of my spotless floor?

What will people think if I can't provide my family a big house, 3 cars, 5 cats and 6 dogs and a super duper Nintendo?

David said....**My heart is not proud, O LORD,**

**my eyes are not haughty; (**Or Possibly my eyes do not envy)

**I do not concern myself with great matters**

**or things too wonderful for me.**

What are these great matters and things too wonderful that David refused to concern himself with them?

Things that stem from pride!

Great matters---things too wonderful!

**06381 pala' {paw-law'}**

**1) to be marvellous, be wonderful, be surpassing, be extraordinary,**

**1c1) to do extraordinary or hard or difficult things**

**1d) (Hithpael) to show oneself wonderful or marvelous**

The proud person, the prideful heart, looks, compares, competes and is never content!

The proud man plans and schemes in his heart

how he can outdo and outperform!

David says, I refuse to play that game!

The game of pride! The game of busyness of mind and soul!

**2 But I have stilled and quieted my soul;**

**like a weaned child with its mother,**

**like a weaned child is my soul within me.**

**2 But I have stilled and quieted my soul**

The word for stilled {shaw-vaw'} means to make level!

The word for Quieted

**01826 damam {daw-man'}**

**1) to be silent, be still, wait, be dumb, grow dumb**

**1a1) to be silent**

**1a2) to be still, to be struck dumb**

I have leveled out my soul! (Level out man!)

I have learned to quiet my soul! To take time when I wait upon Him and strike myself dumb before Him, to be silent before Him**!**

Mother Teresa said, *"God rarely is found in the midst of noise and restlessness; instead, He is the friend of silence."*

**2 But I have stilled and quieted my soul;**

**like a weaned child with its mother,**

**like a weaned child is my soul within me.**

David had learned to still and quiet his soul like a weaned child with its mother.

What does it mean to be like a weaned child with its mother?

Example: a nursing child --when the mother holds them--they are restless--want to eat--associate mom with the food chain!

Once they are weaned they are more content to just be held by mom.....

This is what David is speaking about.

He had learned the secret of being content!

**Phil 4:11 (NIV) I am not saying this because I am in need, for I have learned to be content whatever the circumstances.**

**12 I know what it is to be in need, and I know what it is to have plenty.**

**I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.**

**13 I can do everything through him who gives me strength.**

You want to still and quiet your soul in the busyness of the world that you live in?

Then learn to be content with whatever the circumstance!

**Content= 842 autarkes {ow-tar'-kace}**

**1) sufficient for one's self, strong enough or processing enough to need no aid or support**

**3) contented with one's lot, with one's means, though the slenderest**

Nothing stirs up discontentment within our souls more than a constant wanting for what we do not have!

Striving to keep up with the proverbial Jones’s.

We become like a nursing child but we are nursing from the things of this world..

So the world makes us nervous and antsy because whenever we are in it we feel like we need to be fed, we grope to nurse!

Once we are weaned from it, we can live a lot more relaxed life in it!

**Jame 4:4 (NIV) You adulterous people, don't you know that friendship with the world is hatred toward God? Anyone who chooses to be a friend of the world becomes an enemy of God.**

**5 Or do you think Scripture says without reason that the spirit he caused to live in us envies intensely?**

The reason that when our hearts and minds become consumed with the things of this world that we feel anything but content is because, as Christians, God has placed His Spirit within us! God resides in our hearts and Scripture says that our God is a jealous God!

Like a husband for the wife he adores! He wants to be number one! He wants to be the most important thing in our life! He wants us to love Him more than we love any other! He wants to be the recipient of our affections!

He wants to be our first thought in the morning and our last thought at night.

And if we give the affections due Him to another, if we busy ourselves, our hearts, our minds with everything but Him, it stirs up discontent in the Spirit of God that resides within us!

The world that we live in is a busy place.

And even though we live in it, we are called to not be of it! Not be a product of it, be influenced by it!

Several years ago, newspapers told how a new Navy jet fighter out on maneuvers shot itself down.

It was flying at supersonic speed and what happened was that it ran into cannon shells it had fired only a few seconds before.

The jet was traveling too fast!

Sometimes we do the same thing when we let ourselves become consumed by the things of this world and the cares of this life!

We get to going so fast that we end up shooting ourselves down!

Are you traveling too fast? Do you find that you don't have time to worship God, to go to church fellowships, you don't have time to read the Bible and spend time with God in His Word, Do you find you don't have time to spend time with God in prayer.

If you're neglecting any of these things, then you're probably traveling too fast.

Too fast to hear the sound of God's still small voice.

You can't tell whether you are in the center of His will or not.

If you ask yourself the question and find the answer to be that possibly you are trying to keep up with the pace of this world, and it has caused you to neglect the things of God in your life, then slow down, be weaned from the cares of this world and start feeding from the table of the Lord. Slow down before, like the fighter pilot, you end up getting shot down by your own fire.

Learn from the words of the Psalmist...

**I do not concern myself with great matters**

**or things too wonderful for me.**

**2 But I have stilled and quieted my soul;**

**like a weaned child with its mother,**

**like a weaned child is my soul within me.**

**3 ----put your hope in the LORD**

**both now and forevermore.**

Have you stilled and quieted your soul?

Have you weaned yourself from the things of this world?

Have you placed your hope, your trust, all your hope and trust, in the Lord Jesus?

Once we do a peace that surpasses all understanding will be the result….