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 world today.

It is probably no more evident than the time of year that we are entering--- the Holiday season.

Starting with Thanksgiving, then Christmas right on through New Years.....

It may be a good kind of busyness, but busy, none the less.

Actually, this kind of busyness is really a pretty good example of what everyday life has become for many in our society today.

Often, an overly busy lifestyle seems to leave us feeling frazzled, frustrated and even anxious.

Add to that living in the uncertainty of a worldwide pandemic and an election where we really still don’t know for sure the winner and the national unrest and division within our country and we can feel apprehensive to say the least.

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For today’s parents--- 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 can find that we are not really there!

Part of us is still back at the office or our mind is on what we have facing us tomorrow.

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

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

The Greek word used here for still is:

**raphah {raw-faw'}**

**1a1) to sink, 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 my life, and yours, held firmly and securely in His Hands!

Possibly, no one has understood the depths of just what it means to be still and know that God 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**

My heart is not proud.

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---**

What this is telling us is: “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 at the same time, work a full time job, clean the house, and have super ready and waiting on the table all in a single bound, and she 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 every day!

If this is a description of your life, or close to it, then you are 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 floor? (Clean floor)

What will people think if I can't provide my family with a big house, 3 cars, 5 cats and 6 dogs and my kids with a 150 large screen inch tv.

David said....**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.**

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

I believe things that stem from a pride!

Great matters---things too wonderful!

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

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

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

The proud person, the prideful heart, looks, compares and 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.**

**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; to make silent (cause to die)**

In more contemporary language David might have said:

I have leveled out my soul! (Phrase from 60”s --Level out man!)

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

Mother Teresa once 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: nursing child --when mother holds them--they are wrestles--want to eat--associate mom with their food source!

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!

A verse we used last week….

**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.**

Do 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!

The Greek word for Content that Paul used here is:

**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 often leaves us nervous and anxious 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! God 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!

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 jealousy in the Spirit of God that resides with in 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, not be influenced by it!

Several years ago, newspapers told how a new Navy jet fighter out on maneuvers literally 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 fighter jet was traveling too fast! So fast that it got ahead of the missiles that it had just fired and in effect shot itself down..

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

We get to going so fast that we end up shooting ourselves down by the problems that we create for ourselves!

Are you traveling too fast?

Do you find that you don't have time to worship God or go to church fellowships?”

Do you find that you don't have time to read the Bible and spend quality time with God in His Word?

Do you find you don't have time to spend with God in prayer or time simply praising Him?

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

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

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

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 that fighter jet, you end up getting shot down by your own fire.

We need to 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, in the Lord and in Him alone?

If Not than I encourage you to find that quite place and force yourself to **Be still, and know that He is God.**

Allow Him first place in your life, give Him first priority and I guarantee that He will arrange your day so that the things that need to get done will, and the things that don’t won’t really matter that much.

By placing Him first He will make us a better employer or employee, a better husband or wife, a better father or mother…..Plus we will experience true peace and contentment in our life.

A peace that Paul describes in:   
**Philippians 4:7(NIV)**  **7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

As we enter the busyness of this holiday season with all the added political turmoil today will we enter it in the peace that only God can give us?

The peace that comes from a heart and soul that has made itself still and realizes that God is God and He still reigns supreme in this world.

Folks**, Be still, and know that He is God.**