

BE STILL, AND KNOW

Text: Psalm 46

I. THE _____ ABOUT GOD (vs. 1)

A. He is our refuge and strength.

- Two aspects of His total _____.
 - Refuge = place of protection, shelter in storms, shield from attack
 - Strength = _____, might, ability
 - Together, God is our strong defense and offense.

B. He is our _____.

- He is everything we need or could _____ need.

1. He is our _____ help.

- Present = “to be _____” = near at hand and close by where He can be easily found (Heb. 4:15, Ps. 23:4).

2. He is our _____ present help.

- Very = “_____ or exceeding”
- God doesn’t just have a little bit of help available for us, but a whole lot of help; _____ help!

II. THE _____ OF GOD’S PEOPLE (vs. 2-3, 10)

A. Not to _____ (vs. 2-3)

- An act of _____.
- Question: Are your troubles worse than conditions described in these verses?
 - No matter how big your problems are, your God is bigger.
 - Instead of giving in to fear, should replace our fears with _____ in God.

B. To be _____ (vs. 10)

- To relax, to calm down, to cease and desist from fretting and fears, to be _____ in the presence of our very present God.
- Not that we shouldn’t pray, but sometimes we need to be still so we can pray the right _____. Two reasons why we need to be still:
 - Sometimes we talk to ourselves or to God too much about our _____, and we don’t let God get a word in edgewise.
 - Our comfort (vs. 7, 11), “The Lord of hosts is with us.”
 - Sometimes need to be still because we’re talking to God too much about our _____, or we’re not talking to Him in the right way that honors Him.
 - Our corrective (vs. 10), “I will be exalted in the earth.”

C. To _____ that He is God.

1. He is God with a capital _____.

- The one and only omniscient, omnipotent, omnipresent, transcendent, immanent God.
- Both a big-picture God and a God of the tiny _____.
- Infinitely holy, just, righteous, true, faithful, loving, gracious, tender, compassionate, longsuffering, merciful, pitiful, patient God.
- His ways and thoughts are beyond our comprehension.
- A loving Father Who purposes only what is _____ for His children.
- He knows what we really _____ better than we do.
- He helps us not because He has to but because He _____ to.
- As infinitely wise God, He alone knows the best time and manner for that help to arrive, and He wants us to wait patiently for the help we seek.

2. He is the _____ of God described in this Psalm (esp. verse 1).

- A God of very present help in trouble with _____ resources and willingness to help us.
- Therefore, we can be _____ for the long haul, wait patiently upon God, and obtain His help both now and in future, not just to get out of trouble but also (vs. 1) while we’re going trouble.
- _____ and _____ are powerful reasons to wait patiently for someone to help us, and the length of time we are willing to wait patiently for someone is a great barometer of our love for and trust in that person.
- Waiting on God for help is not a test for God but for _____.
- The better we _____ God, the better and longer we will be able to wait patiently for Him.
- Help comes when we are trusting God and while we are quieting ourselves before Him (Ps. 28:7).