

## Be Still and Listen

Psalm 46:10 states: *Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth.* “Be still” means “enough” as in 1 Sam 15:16 (“Stop!”) We need to acknowledge that the turbulence in our lives and in the world can be stopped.

The commander of the Assyrian army in a loud, blasphemous manner challenged the Israelites to surrender. It was met with an angel killing 185,000 Assyrian troops (2 Kings 19:35). Jesus rebuked a restless, raging sea and it was still (Mark 4:39). In the same way God can “still” all the madness in our life when we are quiet and listen to what he has to tell us.