

Sample

Be still and know that I AM God.

—Psalm 46:10

What an amazing verse this is. At times it brings great comfort. It's the foremost thought in my mind when I can escape the world for a moment and be still. It's the verse I cling to when I look out over the ocean. I've watched storms roll in on the coast as I stood a hundred feet off the shore on a sandbar with nothing around me but the waves. One of the most amazing sights I've ever seen was the rain pounding into the ocean all around me, the drops glimmering like pearls as they impacted the water. The rain was so heavy I couldn't see the world I'd left behind. And caught up in this moment I just wanted to pray and praise Him for allowing me to just stand there and know He is God.

Often we think of the "Be still and know" moments as the mountaintop experiences in our spiritual walks. I've stood on that peak as well, looking out over the world. And once there I've watched as eagles flew by beneath me. Looking down upon their backs put in perspective how far away from the world I had climbed, and in that solitude I just wanted to praise my God. These moments, as precious as they are, are too few, it seems.

At other times, the concept of "Be still and know" is anything but comforting. These are the times I'm standing on a different seashore and the storms of life crash about me. No longer are the raindrops dancing like pearls on the ocean; now the drops are voices demanding something from me. And the storms are so heavy I can hardly see God at all. In these moments the thought of "being still" haunts me. I don't want to be still, Lord. I don't have the strength to stand in this tempest's path. I need to move, leave, or just run. We feel trapped in a life we don't want to be in. The thought of having to remain in these moments and wait for God is gut-wrenching. It brings a sick feeling of being imprisoned with your frustrations as cell mates.

These are the moments I want to "seek and find." *Lord, open a door for me, please. I need an escape. But nothing happens. Lord, if you aren't giving me a way out, then please still the storm and take it away. And still the storm remains. "What do you want from me, God? What must I do to find shelter?"*

And the response comes, *Be still and know I AM God.*

These are the moments that make or break us. It is in these moments, when our hearts have failed us and we have no strength left to stand, that we must choose. Will I trust in God, or will I find an alternative route?

Many choose an alternate route. To find comfort they turn to a hobby, sports, or other forms of entertainment. They look to alcohol, drugs, pornography, or other sexual escapes ... an affair perhaps. Anything to forget about the storm will do, if only for a moment. Our mind-set becomes, *Well, if I'm stuck here, I might as well find some enjoyable way to pass the time*" or *"I might as well make the best of a bad situation and have a little fun."* Be careful, or you will miss the second part of the verse: "and know that I AM God." If we follow that thought process of *just enjoy the time*, we follow Satan's distractions and miss the most amazing moments of life God has in store for us.