

Our family loves a great movie. After watching the first movie, we hope there will be a part two and eventually a part three. The next few psalms are written to celebrate God's deliverance, His defense of His people, and His presence among them. Though we are uncertain of the exact occasion, we know that God's people had more than once received His deliverance, experienced His defense, and sensed His ever-present presence. The psalmist celebrates who God is: He is our refuge and strength, an ever-present help in times of trouble, the Most High, and always with us as our Fortress.

Celebrate Who God Is

Fill in the blank. God is...

God is Sovereign, and He is the strongest of the strong, in charge of all things at all times. With idolatry running rampant and times for war and invasion always possible, God's people needed to be reminded of who He is.

This reminder is good for all of God's people, for all times, including us in the 21st century. Our national, as well as personal security, could be under attack at any moment. We live in times of war and rumors of war. National and personal disasters can cause our spirits to fear, but this we can know: God *is* everything we need for a secure and certain future.

We can know the attributes of God in our head, but it isn't until we personally experience them that we can truly celebrate them. In order to gain insight into learning how to be certain that what is in our head goes to our heart, we will study ~~the~~ this Psalm in reverse.

Be Still And Know

The words "*be still and know*" are hard words to heed as we journey through our act-now-and-think-later, it's-easier-to-say-I-am-sorry-than-to-ask-for-permission world. We are people of action. We rush and fix. We plan. We strategize. We execute. We defend. "Be still and do nothing" is a foreign concept to most of us, and it may seem like a total waste of time.

Be Still

The Hebrew definition of "be still" paints a picture of a completely helpless person who is at the end of her rope. To really be still, we should relax rather than rush, and refrain instead of execute. Learning to relax and refrain actually positions us to experience God's work in our lives. God's call to action is two-fold, direct, and without confusion.

Read Psalm 46:10

What is the first part of God's call to action for His children?

Read Mark 4:39.

What words did Jesus speak? Who or what was He speaking to? What was the response?

Even the winds recognized the powerful directive of God and obeyed Him! Our response should be nothing less.

To know

I have learned many things about many things in my lifetime. I have also forgotten many things about many things. What I remember, however, are the times I have experienced something with my mind, body, soul, and spirit. Whether the experience was painful or brought pleasure because I felt it, experienced it, I remembered it.

The word, *know*, or *ya'da* (ya-dah) in the original Hebrew, implies having knowledge of God through experience. We can *know* who God is by being still, by allowing ourselves to experience [know] who He is. Stillness is more about submission of the heart than position of the body. And our knowledge of God grows through the experience of submission. The more we recognize and participate in His work, the greater we will *know* Him.

Read Deuteronomy 7:9

What can we know, or experience, about God?

God Is

The word, know, in Deuteronomy 7:9, is represented by the same Hebrew word as *know* in verse eleven of our psalm. The psalmist celebrated who God is through his experiences. Now we hear Moses proclaim who he *knows* God is. He is God, the faithful God.

In Deuteronomy 7:9, what does God do and for whom?

My girlfriends, we are part of that “thousands of generations”. This makes the hair on my neck stand up when I think of it. Way back, when God thought of us—you and me—He made a way for us to *know* Him.

What is our part in knowing God is God, He is faithful, and He is covenant keeping?

Have you ever asked, “How do know I God?” I sure have, too many times to count. But we can all rejoice, because today we know how we can *know* who God is!

When we are *still*, we can *know* who God is: He is our Refuge and Strength, our Fortress, and an ever-present God who is a faithful, covenant-keeping God to those who love and obey Him. Wow and Amen!