

## Daily Devotional, April 8, 2020

### “Be Still” (Psalm 46:10, NKJV)

*“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!” (Psalm 46:10).*

Many times in our Lord’s ministry, we find Him retiring for prayer, or a season or a day going by with relatively little biblical record of what Jesus did. Wednesday of Holy Week is one of those days. That does not mean that Jesus was not doing something. Prayer and enjoyment of a relationship with the Father are, in fact, the best things. *“To everything there is a season, A time for every purpose under heaven”* (Ecclesiastes 3:1). This world is in an uncertain state. Today is a day to pray. Is your soul in an uncertain state? Then surely today is a day to pray. The celebration of the resurrection of our Lord is at hand. Today is a day to praise. Have you been too busy to pray or to praise? Or worse, too consumed by anxiety and trial to do either? All the more then, pray, and praise. “Be still” when your mind is racing too fast. “Be still” when you are weary in the way and in your work. The Book of Psalms was both the praise book and the prayer book of Israel. And so it is for us today. Notice how many times we find the word “Selah”, meaning ‘pause to think about it’, in the psalms. “Be Still.” Pause to meditate upon the finished work of the Savior, Jesus Christ. Three times in Psalm 46, we find this pause. Take a moment today to read and re-read this Psalm, once through, then again more slowly. And pray that God refreshes your spirit with peace, quieting your soul. If you are willing to “be still”, God shall surely answer your prayer.

*“God is our refuge and strength,  
A very present help in trouble.  
Therefore we will not fear,  
Even though the earth be removed,  
And though the mountains be carried into the midst of the sea;  
Though its waters roar and be troubled,  
Though the mountains shake with its swelling. Selah  
There is a river whose streams shall make glad the city of God,  
The holy place of the tabernacle of the Most High.  
God is in the midst of her, she shall not be moved;  
God shall help her, just at the break of dawn.*

The nations raged, the kingdoms were moved;  
He uttered His voice, the earth melted.  
The LORD of hosts is with us;  
The God of Jacob is our refuge. Selah  
Come, behold the works of the LORD,  
Who has made desolations in the earth.  
He makes wars cease to the end of the earth;  
He breaks the bow and cuts the spear in two;  
He burns the chariot in the fire.  
Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth!  
The LORD of hosts is with us;  
The God of Jacob is our refuge. Selah” (Psalm 46:1-11).