

Be Still and Trust God - Part I
(Psalm 46 NRSV)

You know, the Psalmist was onto something here – praising an omnipotent and ever-present God for being a refuge and strength; for being Creator and the unmoved Mover of heaven and earth – for being in the midst of EVERYTHING that happens! GOD can call an end to wars; can make the impossible happen. GOD can move us from trouble and trial to victory and validation! The closing words in Psalm 46 says: “BE STILL and KNOW THAT I AM GOD! I am exalted among the nations and exalted in ALL the earth” [That means GOD is greater than any nation, greater than all creation, greater than any spirit power, and certainly greater than you, and greater than me!

Well, the Psalmist was proclaiming a song of victory for ancient Israel over their enemies, over other nations, powers and principalities that sought their demise. The Psalmist is calling on Israel to give God ALL the glory–ALL the honor–ALL the praise. The Psalmist was proclaiming God’s ultimate power as the King of Kings - to get a people of long ago to recognize God’s hand in every victory and blessing they were witnessing! The Psalmist was calling them to behold what God can do! NOW, it may seem for us, the Psalmist context and worldview was in ages past – and sometimes we dismiss biblical times as ‘that was then and this is now’ – without looking closer at the biblical meaning and its significance for us today. I invite us to still our hearts and the business in our lives to look back over the recent days and the magnitude of events, yet keep replaying those words in the depth of our spirits: “BE STILL and KNOW THAT I AM GOD! These words should bring us waves of inner joy and peace, but sometimes we are so overloaded and blinded by our own despair – our own doubts – and perhaps a lack of love for ourselves – that we don’t get the deep meaning of these words for our life.

The word says: “God is a very present and well-proven help in times of trouble. In our lifetime, we’ve known trouble, experienced hardship, battled the odds and we’re still here! God was always there, always faithful, always on-time! God knows your name; know all about you; how far you’ve come and yet to go! **The word says: “Therefore, we will not fear, though the earth may change...** In our life time, the earth has changed; global warming has changed the weather, the landscape, the environment! The rich may seem to have it made / evil may seem to prevail... YET we are urged not to fear. In spite of the changes we witness **behold what God can do!**

Rev. Dr. Valerie Miles-Tribble



**ASSOCIATE PROFESSOR
MINISTERIAL
LEADERSHIP AND
PRACTICAL THEOLOGY
GTU/AMERICAN BAPTIST
SEMINARY OF THE WEST**