



PSALMS

THE LANGUAGE of PRAYER

BE STILL AND KNOW THAT I AM GOD

Be still. That's a tough command. Usually, there are so many unchecked items on the to-do list, so many precarious situations that threaten to fall apart if we're not tending to them, so many problems or uncertainties that keep our minds thinking through options and solutions. Not to mention, we live in the age of constant distraction.—smart phones providing easy access to social media feeds, talk radio occupying our minds while inching through traffic on the Blue Route, etc. Stillness, nowadays, seems its own stressor in that our minds don't know how to do it anymore.

Psalm 46 is one I go back to often not only to hear the command, be still, but also to be immersed in imagery that actually helps make it happen. In particular, verse four with its picture of a river breaking off into streams that weave and flow through the city of God supplying joy and gladness...all the while, the world is collapsing all around it. The nations are raging, the kingdoms tottering (v. 6). The mountains are breaking off their foundations and collapsing into the sea. The earth itself—the one thing that could be counted on to be firm underfoot—is giving way (v.2). And yet the city is supplied with gladness and strength. Why? Because God is in her midst. He is for Her an ever present help in trouble. He is Her fortress.

It reminds me of John 7 where Jesus says "whoever believes in (entrusts his life to) me, out of His heart will flow rivers of living water," If the presence of the living, resurrecting God is with us in every circumstance, why not rest, though all else be a rage. Praying this Psalm, meditating on its promise-laden imagery, breathing it into my heart and mind, is one of the few things that help me actually *be still and know that He is God*.

THIS WEEK'S PSALMS

Monday, Oct 14.....Morning—Psalm 10| Evening—Psalm 12
Tuesday, Oct 15.....Morning—Psalm 108| Evening—Psalm 46
Wednesday, Oct 16.....Morning—Psalm 6| Evening—Psalm 42
Thursday, Oct 17.....Morning—Psalm 121| Evening—Psalm 54
Friday, Oct 18.....Morning—Psalm 144| Evening—Psalm 64
Saturday, Oct 19.....Morning—Psalm 119:161-176| Evening—Psalm 135
Sunday, Oct 20.....Morning—Psalm 26 | Evening—Psalm 70

QUESTIONS to CONSIDER about EACH PSALM

- 1) What is this Psalm about?
- 2) What is felt?
- 3) What is requested?
- 4) What is declared?

PHRASES about GOD or PETITIONS to GOD WORTH REMEMBERING or MEMORIZING
