

## Be Still and Know

August 11, 2024

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*“God is our refuge and strength, a very present help in trouble. ... Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” - Psalm 46:1 & 10*

### Intro / Definitions

#### Refuge

- providing \_\_\_\_\_ from danger or \_\_\_\_\_

#### Be Still

- cause yourself to let go
- cease striving
- \_\_\_\_\_

### Two Comparisons of Earthly Trouble vs God’s Refuge and Strength

Trouble

Refuge

Nature

Nations

## God Speaks

### Be Still

- Follower of God - stop fighting (\_\_\_\_\_) with your own strength and look to the Lord for protection
- Enemy of God - stop fighting (\_\_\_\_\_), acknowledge God as the Lord of your life

### Know that I am God

- To acknowledge that \_\_\_\_\_ is God and I am \_\_\_\_\_

### I will be exalted among the nations, I will be exalted in the earth!

- God wins! He will be exalted over \_\_\_\_\_ and \_\_\_\_\_

### Conclusion

Are you a follower of God or an enemy of God?

What are you holding onto that you need to let go of?

What do you know to be true about God?

### Other Scripture

- Psalm 28:7, “The Lord is my strength and my shield.”
- 2 Corinthians 12:9, “My grace is sufficient for you, for my power is made perfect in weakness.”
- Psalm 73:26, “My flesh and heart may fail, but God is the strength of my heart and my portion forever.”
- Philippians 4:13, “I can do all things through him [Christ] who strengthens me.”

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### Intro / Definitions

#### Refuge

- providing shelter from danger or trouble

#### Be Still

- cause yourself to let go
- cease striving
- surrender

### Two Comparisons of Earthly Trouble vs God’s Refuge and Strength

#### Trouble

#### Refuge

#### Nature

#### Nations

## God Speaks

### Be Still

- Follower of God - stop fighting (surrender) with your own strength and look to the Lord for protection
- Enemy of God - stop fighting (surrender), acknowledge God as the Lord of your life

### Know that I am God

- To acknowledge that God is God and I am not

### I will be exalted among the nations, I will be exalted in the earth!

- God wins! He will be exalted over nations / kingdoms and nature / creation

### Conclusion

Are you a follower of God or an enemy of God?

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