

# Bible Studies

## Psalm 46 - Be Still

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### Read Psalm 46

This is truly a beautiful psalm.

**When you finished reading it what did it make you feel?**

This is a psalm of reassurance, peace and encouragement. It helps us to put our troubles into perspective and to trust God.

The psalm is divided into three by three declarations

*God is our refuge and strength, an ever-present help in trouble. V1*

*The LORD Almighty is with us; the God of Jacob is our fortress. Selah v7*

*The LORD Almighty is with us; the God of Jacob is our fortress. Selah v11*

It is also divided into three by the word Selah, (which means consider). Selah comes at the end of each of three pictures. Sometimes we get caught up in the precise meanings of Hebrew or Greek words and in doing so miss the big picture.

**What do each of these pictures describe?**

**What do you think each means?**



**Psalm 46v2-3**



**Psalm 46v4-6**



**Psalm 46v8-9**

**There are two ways in which this psalm can be understood;**

The Psalmist is talking about his world, the problems he faced and therefore, the problems that we also face in this world. The first picture, the **earthquake** is one of life falling to pieces, of turmoil and confusion. Terra firma, all we have ever relied on, crumbling to the sea. Living on a landslide, The **city of God** is the security and stability that Jesus brings to a person when they trust him. Despite the destruction that is all around. v6. The last picture, is of bringing **peace to the storm**. God sorting things out and returning order to our confused world. In the midst of this He stands exalted and glorified.

The second way of looking at this is eschatologically, the psalm that talks about the end times. The earthquake is the events before the return of Christ, the city, the kingdom of God, the new Jerusalem, Rev 21. The last picture is God's final triumph in the world. Rev 11v15. *Both of these explanation are correct.*

The word 'fall' (Hebrew *mot*) also occurs three times;

**What falls?**

v2

**What doesn't fall?**

v5

**What falls?**

v6

**Why doesn't the city of God fall? v5**

*Who are you to judge someone else's servant? To his own master he stands or falls. And he will stand, for the Lord is able to make him stand. Romans 14:4*

*To him who is able to keep you from falling Jude 1:24*

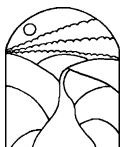
**What does this psalm say is the basic reason for our confidence? vs1,5,7&11**



**What does it mean for God to be our refuge?**

**What does it mean for God to be our strength?**

**What does it mean for God to be our ever present help?**



Waiuku AG  
Ray Moxham  
www.wag.org.nz  
WaiukuAG  
@wag.org.nz

*"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*

This verse is presented as a conclusion to the psalm and a command to us. (Notice the change of tense {He>I}, the rest of the psalm is about God but in this verse God speaks).

The phrase *be still* requires that we have been involved in some kind of activity, which we are now to stop.

**What are we to be still from?**

Works as a means to salvation. Hebrews 4 reminds us that we cannot enter into God's rest by our own good works.

**How else could you put this phrase?**

Being still, means stepping back, and allowing God to move  
*The LORD will fight for you; you need only to be still." Exodus 14:14*



**Read Zechariah 2:13**

**What meaning does be still have in this verse?**

Reverence and awe, humility in the presence of God, repentance before him, even being ashamed of our rebelliousness, are all found here. And yet Zechariah also conveys a sense of the privilege of being involved with God.

**What does Be still mean in these verse?**

**Why were they to be still?**

*Nehemiah 8:11*

*Psalm 37:7*

(NB: none of the above 4 verses use the same Hebrew for be still as Psalm 46)

*This is what the Sovereign LORD, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it. You said, 'No, we will flee on horses.' Therefore you will flee! Isaiah 30v15-16*



It has been pointed out that until you are still, you will not know God. This is true in salvation. It is not until we stop relying on our effort and call on the name of Jesus, that we can be saved. The Cross is the ultimate place of stillness. It is somewhere where you have to stop, a 'drive-by' will not do it. It is also true in the Christian life. Our activity, both good and bad, and the pressures of life can rob us of intimacy with God.



**Read Luke 10v38-42 & Matthew 11v28-30**

Being still in God's presence is a vital to our spiritual health.

*Please write Luke 10v41-42 in large red letters across your soul!*

There is something deeply illogical about this verse. Being still, is not a good method of learning. If your entire revision for an exam consists in being still, you will fail. Yet there is a knowledge of God, which cannot be obtained any other way.

We learn by studying the Bible and we learn by serving God. But there is a depth to be acquired by being still in God's presence.

This kind of knowledge leads strongly to relationship with God.

**Do you think being still is the solution to everything?**

There is a time and a need for action, but invariably there is a need to be still first. It is one of the things, that is going to help stop us from doing the wrong thing.



*Hurry hurry is the password, I got to get my daily bread.*

*We're too busy talking, to hear what God has said.*

*Moving in your mind so quickly, confusion seems to reign.*

*Don't you think we ought to stop, and hear what God is saying?*

Len Magee

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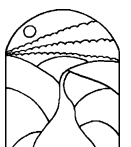
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**What are we to be still from?**

*Fear, panic, useless activity, sin, self designed plans, self reliance etc*

Works as a means to salvation. Hebrews 4 reminds us that we cannot enter into God's rest by our own good works.

**How else could you put this phrase?**

*Stop running around - stop making so much noise, calm down, stop fussing, don't panic, cease your striving, chill out. Stop trying to figure it all out, stop getting in the way, Trust me. be patient etc.*

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