

# Be Still and Know

By: Jim Hohnberger

My wife, two sons, and myself are committed that all of us must have a living, vital on-going connection with God through faith in a present Saviour, who is able and ready to save us to the uttermost; That as we go about our daily tasks we must never, even for a moment, sever our union and communion with the **one** mighty to save.

Christ said, "Abide in Me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in Me." John 15:4. Abiding in Christ means a constant receiving of His Spirit, wherever we are, whatever we are doing. This receiving must be an active on-going process throughout our entire day. As long as this abiding experience is maintained, in which all our thoughts, words and actions are centered in Him, then the fruit of the Spirit will be evident in our daily life. See Galatians 5:22-23. But if for one moment we choose to let go of our union and communion with the source of life and strength then the works of the flesh will be manifested in our life. See Galatians 5:19-21.

One of the greatest hindrances that diverts our attention from our Saviour and thus severs our connection with the source of our strength, is a hurried, over stressed, overworked day. It's as we allow the pressures of the day to consume and overtake us that we invariably let go of Christ and run in our own strength, which is always insufficient for the keeping of our souls.

We have been rightly cautioned that, "Over work sometimes causes a loss of self-control. But the Lord **never** compels hurried, complicated movements. Many gather to themselves burdens that the merciful Heavenly Father did **not** place on them. God desires us to realize that we do not glorify His name when we take so many burdens that we are overtaxed and become heart-weary and brain weary, chafe and fret and scold. We are to bear only the responsibilities that the Lord gives us, trusting in Him, and thus keeping our hearts pure and sweet and sympathetic." Ellen G. White, *Messages to Young People* pg. 135.

Have you, like us risen early, spent time in prayer and study then went off into the business of

the day and lost hold of "Him who is able to keep you from falling?" Jude 24. Is there a simple solution to this daily menace we all fall into so easily? We believe there is, and here is what we find works for us.

Commit the keeping of your soul to Christ, make a pact with Him to remind you whenever you begin to veer. Then rest in Him. He is able to keep that which you have committed to Him. When you are allured to become hurried, to take too much upon yourself it is then that, "Thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left." Isaiah 30:21.

The still small voice invariable convicts me to, "Be Still and Know That I Am God." Psalms 46:10. Such a remedy to such a universal problem. You ask, how does it work? Simply by applying it. When I find myself becoming hurried or stressed out, whether at home, work, play or socializing; I'm simply prepared in mind, ahead of time to **take time out**. This is a commitment I make with Christ, at the beginning of every day. He then is faithful to remind me and when He does: **Immediately I submit** myself to Him and by His grace resist the hurriedness and take a few minutes to "Be Still and Know That I Am God."

This is easily accomplished wherever I am. If at the supper table, I lay down my knife and fork, sit back and relax and talk with my Master. When hurried at home I find a comfortable chair and let the body unwind, as I share my burdens with my Heavenly Father. When at my place of employment, I retreat to the bathroom and there pour my heart out to the Lord until I again have a quiet confidence in my Saviour. When at social gatherings, a simple walk outside in the fresh air, while talking to the **one** mighty to save, has done wonders for that hurried spirit of mine.

Keep in mind that this simple solution has had to be carried out numerous times a day, and day after day, for there's a tendency for my flesh to return to its hereditary and cultivated habit patterns. But when I'm faithful to submit myself, as many times as necessary, I gain the victory at last. Even John, the beloved disciple, the one who most fully reflected the likeness of the Saviour, did not naturally possess a quiet, restful, unhurried spirit. In fact he was spoken of as one of, "The sons of thunder." Mark 3:17. But day by day he submitted his life to Christ, until he lost sight of self. His hurried, ambitious spirit was finally conquered through faith in the power of a present

Saviour. This too may be our experience!

The steps of action are simple and are well illustrated in Psalms 143:8-12.

8 - Cause me to hear thy loving-kindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee.

9 - Deliver me, O Lord, from mine enemies: I flee unto thee to hide me.

10 - Teach me to do thy will; for thou are my God: thy Spirit is good; lead me into the land of uprightness.

11 - Quicken me, O Lord, for thy names' sake: for thy righteousness' sake bring my soul out of trouble.

12 - And of thy mercy cut off mine enemies, and destroy all them that afflict my soul: for I am thy servant.

First, God never slumbers and is always faithful to cause me to hear His loving-kindness in the morning. It is here where I must not slumber, I must rise and gain my trust and commit the keeping of my soul to the **one** mighty to save.

Second, God reminds me or causes me to know the way wherein I should walk. In other words, He is faithful to impress upon my mind that which is needed each moment of each day. As He does this, it is then up to me to lift up my soul unto Him which is the third step; and consists of not only trust, but surrender. As I cooperate with Him in this Divine-human relationship, He delivers me from my enemies, the biggest one which is **self**. He teaches me how to do His will, leads me into righteousness, revives me, keeps my soul out of trouble (sin), cuts off my enemies, and puts to naught them that would destroy my soul. All because I have adopted the attitude, which is a continuous attitude, of being His servant. If He is truly my Lord, (Then pray I), that I truly take my rightful position as **His servant**.

This morning when you arose from your nights rest, did you in living faith bring before God your cares, perplexities and plans? Did you inquire of Him, the all knowing **One**, what in your day was safe to perform and what was best laid down? Did you inquire of Him what His expectations were of you for that day? "Christ in His life on earth made no plans for Himself. He accepted God's plans for Him, and day by day the Father unfolded His plans. So should we depend upon God, that our lives may be the simple outworking of His will." MH 479.

"Be still  
and know that  
I am God."  
Ps. 46:10

Think again of when you arose this morning. Did you lay your plans at the feet of infinite wisdom? This is where it must begin. This is where we receive the strength and wisdom and direction for the day, each day, every day for the rest of our life. "And in the morning, rising up a great while before day, He went out, and departed into a solitary place, and there prayed." Mark 1:35.

This is the example of the **One** made flesh. He came and fought the battle as I must fight it. He depended only upon His Father's strength and power. He said, "I can of my own self do nothing." John 5:30. Only as I in like manner realize that I can of myself do nothing, shall I begin to seek for that strength and guidance, which is alone found in union and communion with Christ.

But how many times in our seasons of devotions, we fail of receiving the blessing of real communion with God? Here too, we are in too great a haste. With hurried steps we press through the circle of Christ's loving presence, pausing perhaps a moment within the sacred precincts, but not waiting for counsel. We allowed for no time to remain with our divine Teacher. With our burdens, we returned to our work.

When this vital connection has been made I can then go out into the day knowing He is by my side. Resting in God. Knowing He is able to keep that which I have committed to Him. "I the Lord do keep it, I will water it every moment: Lest any hurt it, I will keep it night and day." Isaiah 27:3. When I have left myself in His hands, He has then brought me through my day more than a conqueror.

It is only as I choose not to unite with Him or to step out of His loving will throughout the day that this curse of hurriedness and over commitment can and will again overtake me. Here is where I need to watch, to strive, to pray, that nothing may entice me to choose the hurried pace of the world, for I'm always free to do this. I need to always have the attitude of Christ when He said, "I do always those things that please Him." John 8:29.

Martin Luther in a letter to Melanchthon wrote; "I hate with exceeding hatred those extreme cares which consume you. If the cause is unjust abandon it." What wonderful counsel to us today, "if the cause is unjust abandon it." Friends, how many of the things we busy ourselves with amount to **no saving good?** That is our rule, that is our guideline, if it amounts to no saving good abandon it. Abandon the intruders and defend the priorities. Defend those early morning hours with God, defend that time with your spouse and children. Defend all that is whole-

some and good and rid yourself of all that is robbing you of the real priorities in life. Then resist the constant temptation to add more pleasures, more hobbies, more social entanglements, more obligations. We must draw the line, eliminating the intruders and defending the top priorities. We must choose this day whom we will serve!

An **intensity** as never before is taking possession of this world. In amusement, in moneymaking, in the contest for power, in the very struggle for existence, there is a terrible force that is engrossing our bodies, our minds and our souls. In the midst of this maddening rush, God is speaking. He bids us come apart and commune with Him. **"Be still, and know that I am God."** Psalms 46:10.

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