

Be Still and Know that I Am God

Psalm 46

March 29, 2020

One of the most difficult questions to grapple with as a Christian is how to make sense of suffering in our world. Many who reject God cite the tremendous amount of pain and suffering in our world as evidence that a good, sovereign God cannot exist. I'm sure some of those people are looking at the whole situation we're in now as further evidence that there is no God or that He is not a good God. But what does God's presence in times of trouble look like? Does he always take away the pain and suffering immediately or shield His people from every trial that they could face? How will this affect the way that we pray?

Psalm 46, though written in the midst of an incredible catastrophe, directs our attention to the assured hope that we have that those chaotic waters that swallowed up the mountains will be tamed to be a river that brings life and gladness to the city of God. The rest of the created order may be overcome by the trials, but God is not. He is the refuge, the help, the fortress. What are some ways that we have seen God come through for His people that can give us a greater certainty that He will accomplish His purposes and that He's still in control?

What are some ways in your own family's life that you have experienced God's faithfulness even in the midst of extreme difficulties? Be sure to have this conversation with your parents.

God's command to us in the end is to "Be still and know that I am God." Take some time each day this week to be still with God and to re-center yourself, to remind yourself of who God is and why we don't have to be afraid or panic or try to fix everything ourselves. Like Dr. Steve said, this doesn't mean that somehow we will be sheltered from the effects of COVID-19, but it does mean that we have an assurance that things are not out of God's control and that His purposes will ultimately prevail.