

Be still : A Call to Active Trust in YAHUVEH GOD

Being still, can be hard in this day and age. We are all busy and everything can go by so fast. YAHUVEH GOD, wants us to sit and be still in HIS presence to take some time to talk to HIM in prayer, and part of learning to be still is, trusting in HIM and HIS timing for things, being patient. It also has a lot to do with listening to HIM, on what HE wants to share with you. What HE wants to say to you and reflect.

Sometimes we all need this reminder, I know that I personally do , and it really can make your day go by so much better when you pull away from all of the distractions and take time to Spend it with HIM.

In Psalms 46:10 it says" **Be still and know that I am GOD."** This encourages us to stop and pause and acknowledge HIS presence.

When we learn to be still, and trust in YAH'S timing, it can help us grow spiritually. It can also give us peace of mind when we lay down all of our worries at HIS feet. We know HES in control and that we can trust HIM.

What are some ways we can do this?

!. Spending time quiet with HIM in prayer and reading the Word.

2.Spend time outdoors in nature, this can be calming and also help you Connect with YAHUVEH GOD., With YAHUSHUA JESUS.

3.Writting down your prayers, things your learning from YAH.

It can be hard at times when we have to wait on things. But this is crucial, as we trust in HIM, and we wait; we are also allowing HIM to shape us by helping to strengthen our Faith, and not only that but one of the Fruits of the SPIRIT is Patience.

YAHUVEH GOD sees everything HE knows what is next, and we just need to realize that we can trust in HIM and HE knows what is best for us always.

There are times as we wait, that YAH is preparing us for what is next. There is a preparation period. No matter what season you are in, know that HE is working everything out even behind the scenes.

When we trust HIM, we can truly be at peace. We can truly have Joy. The Joy of YAH is our strength (Nehemiah 8:10)

Some Verses on Being Still, trusting and casting our anxieties on HIM:

Psalms 46:10 – “Be still, and know that I am GOD; I will be exalted among the nations, I will be exalted in the earth!”

Exodus 14:14 – “The Lord will fight for you; you need only to be still.”

Isaiah 30:15 – “In repentance and rest is your salvation, in quietness and trust is your strength.”

Psalms 62:5 – “Yes, my soul, find rest in GOD; my hope comes from him.”

Mark 4:39 – “He got up, rebuked the wind, and said to the waves, ‘Quiet! Be still!’ Then the wind died down and it was completely calm.”

Psalms 37:7 – “Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.”

Job 6:24 – “Teach me, and I will be quiet; show me where I have been wrong.”

1 Peter 5:7 – “Cast all your anxiety on him because he cares for you.”

Philippians 4:6-7 – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which

transcends all understanding, will guard your hearts and your minds in Christ Jesus."

In Exodus 14:14 we see that, the Israelites escaped from Egypt, Moses reassures the people **"The LORD will fight for you, you need only to be still."** Here we see, that stillness is linked to trust and reliance on YAHUVEH GODS deliverance, which emphasizes that our human effort is secondary to divine intervention. Stillness has a lot to do with surrendering and our faith.

Remember Trust goes hand in hand with our **Faith**. Surrendering to YAHUVEH GOD, has a lot to do with trusting in HIM.

A huge part of this , is we must quiet our minds, and listen to what YAHUVEH GOD is saying to us.

We see a good example of this in : **1 Kings 19:11-12** where Elijah experiences YAH'S presence not in the wind, earthquake or fire, but in a **"Gentle Whisper"**. YAHUVEH GODS communication comes in moments of quietness, requiring us to be still.

In **Isaiah 20:15** we see that it says **"For the LORD GOD, the HOLY one of Israel, has said: "By repentance and rest you would be saved, your strength would lie in quiet confidence, but you were not willing".**

In this verse we see that stillness is associated with salvation and strength, suggesting that true power is found when we rest in YAH's promises.

It is **vital** and **important** that we as Christians learn to seek to be still and deepen our relationship with YAHUVEH GOD. In the world there is so much noise, and busyness, so it's important we set time aside for quiet reflection and prayer.

YAHUSHUA (JESUS) is the perfect example of this, He would withdraw away to solitary places to pray. In **Mark 1:35 it says** ***" And rising very early in the morning, while it was still dark, HE departed and went out to a desolate place, and there HE prayed."***

HIS example teaches us that when we are still, it can help us with spiritual renewal and with clarity.

In **Philippians 4:6-7**, we see that believers are encouraged to present our requests to YAHUVEH GOD, with thanksgiving, which is a promise that ***"The peace of YAH which surpasses all understanding will guard our hearts and our minds in YAHUSHUA(JESUS)."*** This peace is found when we are still, when we lay our worries at HIS feet and trust in HIS provision.

Conclusion:

- We can trust in YAHUVEH GOD'S sovereignty and timing.

- We know HES in control, we can rely on HIM, for through HIM we can do all things, and cannot do anything without HIM (john 15:5)
- Stillness is a form of worship, when we recognize YAHS majesty and power. It is an act of our Faith, that honors HIM.
- When we rest in HIS presence, trusting in HIS plans we experience HIS peace.
- Through stillness, we can have a deeper awareness of YAHS voice and a stronger reliance on HIS strength.

Bible Study Questions:

1.What does Psalm 46:10 mean when it says, “Be still, and know that I am GOD?”

2.How can we practice stillness in our daily lives, especially during chaotic times?

3. In what ways does being still help us to recognize GOD’s Sovereignty?

4. What role does prayer play in building trust in YAH during tough circumstances?

5. Can you share a time when you felt distant from YAHUVEH GOD? How did you navigate that experience?

6. How does your level of trust in GOD, affect your response to life's storms?