



## Be Still

Psalm 46:10 *Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.*

### 1. Be still

- a) "Still" was translated from the Hebrew word "*Raphah*" which means to "slacken"
  - i) Be idle, let alone, cease, calm down
  - ii) "Step out of traffic" AMP version.

### 2. know that I am God

- a) "Know" in Hebrew means Observe, recognise
- b) "God" in Hebrew is the word "*Eloheem*"

If we are still, we shall know that He is the Lord and we will exalt Him among the heathen and in the earth. We can't exalt Him until we are still to get to know Him.

Psalm 4:4 *Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.*

If we want to commune with our hearts to the Lord, we need to be still. Being still is one of the main keys to communing with the Lord.