

# ***WHAT IS GOD COOKING UP?***

***Let's "be still" and find out***

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*Sermon 1*

***Psalm 46 & Galatians 5:22-23***

*06-07-2020*

**Pp 1**

Galatians 5:22-23 tells us, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

***We have been and still are going through Corvid 19 virus...***

***People have lost family members due to the virus...***

***Many have lost their jobs...***

***Others have had their business shut down, school closings ...***

***Travel has come to a standstill, vacations on hold or cancelled, and isolation is mentally challenging many from being quarantined***

***And we can now add the rioting across America....and this only the last three months of 2020...So sad for all...***

*If we ever needed love, joy, peace, patience  
(longsuffering KJ) kindness, goodness,  
faithfulness, gentleness, and self-control," it's  
now..*

*If I may take a slogan from the Wendy's  
hamburger commercial many years ago where the  
elderly lady sits in the rocking chair holding a  
hamburger asking, "where the beef?"/,,,*

*Well, I'm standing here today asking, "Where's the  
love, where is the self-control, the gentleness,  
where is the patience and joy ?*

*Where is the kindness, goodness, and faithfulness?  
Where do we find Shalom?*

*We know where... We find all of the above in God,  
administered to us from Him through the Holy  
Spirit in whom He has gifted us...*

*We must turn to God...*

*Ok pastor, how do we do that? Good question*

***First, I believe we need to do as God says...***

***And Psalms 46 tells us what God says... I want us to notice right off the bat it is a song to be sung in the soprano voices meaning the women...and it has three sections... verses 1-3, 4-7 and 8-11.***

***Pp 2***

Psalms 46:1-11 NLT

For the choir director: A song of the descendants of Korah, to be sung by soprano voices.

God is our refuge and strength, always ready to help in times of trouble. (2) So we will not fear when earthquakes come and the mountains crumble into the sea. (3) Let the oceans roar and foam. Let the mountains tremble as the waters surge! ***Interlude***

***Pp 3***

(4) A river brings joy to the city of our God, the sacred home of the Most High. (5) God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it.

(6) The nations are in chaos, and their kingdoms crumble! God's voice thunders, and the earth melts! (7) The LORD of Heaven's Armies is here among us; the God of Israel is our fortress. **Interlude**

**Pp 4**

(8) Come, see the glorious works of the LORD: See how he brings destruction upon the world. (9) He causes wars to end throughout the earth. He breaks the bow and snaps the spear; he burns the shields with fire.

***And here is the command God gives us beginning in verse 10...***

**Pp 5**

***"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." (11) The LORD of Heaven's Armies is here among us; the God of Israel is our fortress.***

***I have been more tuned in to God over the last three months... You might think, well pastor, your supposed to be!***

***And, you are right but it seems the heat has been turned up a bit and I can't get out of the kitchen cause God is cooking something up in all this turmoil he wants serve up something Diving to me and now you!***

***And that something up is what I am supposed to do and the way I am to respond in all this mess we are in..***

***And the first thing He has served up is for us to***

***Pp 6***

***"Be still and know that I am God;/ I will be exalted among the nations, /I will be exalted in the earth."  
Psalms 46:10***

***The word "be still" is important here... it's the Hebrew root word raw-faw'***

***It means to be still to properly mend (by stitching), that is, (figuratively) to cure: - cure, (cause to) heal, physician, repair, thoroughly, make whole.***

***Isn't that beautiful? We need to be still and know God can heal us... He's stitching us up where we have been deeply cut by the world's physical and mental attacks...***

***This verse comes from a longer section of Scripture that proclaims the power and security of God.***

***The threat the psalmist faced is not mentioned specifically, but it seems to relate to the pagan nations, the world's difficulties, and calls for God to end the raging attacks.***

***The psalmist is affirming that...***

***"God and God alone is our refuge and strength... He is our ever-present help in trouble.***

***What's the psalmist's conclusion or result of this knowing and experiencing of God?***

**Pp 7**

Therefore ***we will not fear***, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging (Psalms 46:2-3).

***He says don't fear even if the nations are in an uproar or if kingdoms fall... Why? Because...***

**Pp 7**

There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The LORD Almighty is with us (Psalms 46:4,7).

***Notice the river flowing is out of the holy place of the Most High...***

***What is anticipated is the river of grace, which is***



***also likened to a river of paradise in another section of psalms...***

***Look with me at this river of life in psalms 36:8-10.***

***Pp 8***

Psalms 36:8-10 ESV They feast on the abundance of your house, and you give them drink from the river of your delights. (9) For with you is the fountain of life; in your light do we see light. (10) Oh, continue your steadfast love to those who know you, and your righteousness to the upright of heart!

*When the city of God is threatened and encompassed by foes, still she shall not hunger and thirst, nor fear and despair; for the river of grace and of her ordinances and promises flows with its rippling waves through the holy place, where the dwelling-place or tabernacle of the Most High is pitched.*

***I want us to notice that the majority of the psalm is***

***written in the third person as the psalmist speaks about God.***

***However, God's voice comes through in verse 10, and the Lord speaks in the first person:***

***Pp 9***

***"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."***

***Be still is a call for those involved in the war to stop fighting, to be still.***

***We looked at the meaning of the word "be still" earlier...In some instances, the word carries the idea of "to drop, be weak, or faint."***

***It implies two people fighting until someone separates them and makes them drop their weapons.***

*It is only after the fighting has stopped that the warriors can acknowledge their trust in God and get stitched up or healed from the fighting allowing God to take care of the matter being fought over....*

***Be still and know I am God...***

*Christians often interpret the command to "be still" as "to be quiet in God's presence."*

*Being quite is certainly helpful, but the phrase means to stop frantic panicky or drastic activity, to let down, and to be still. Stop running in circles...*

*For God's people being "**still**" would involve looking to the Lord for their help... for God's enemies, being "**still**" would mean ceasing to fight a battle they cannot win.*

*We see this "**be still and know I am God**" play out as Moses was freeing God's people out of Egypt...*

***As they were approaching the red sea the people of God seeing that the Egyptians were marching after them, and they feared greatly. They said to Moses,***

***Pp 10***

“Is it because there are no graves in Egypt that you have taken us away to die in the wilderness? What have you done to us in bringing us out of Egypt? (12) Is not this what we said to you in Egypt: ‘Leave us alone that we may serve the Egyptians’? For it would have been better for us to serve the Egyptians than to die in the wilderness.” Exodus 14:11-12

***Moses replied back...***

And Moses said to the people, “Fear not, stand firm, and see the salvation of the LORD, which he will work for you today. For the Egyptians whom you see today, you shall never see again.

(14) The LORD will fight for you, and you have only to ***be silent.***” Exodus 14:13-14 ESV

***Be still and Know that I am God.***

***Okay pastor, we understand the being still but how about the know he is God part?***

***To "know" in this instance means "to properly discover or understand by experiencing, by seeing" and "to acknowledge, to be aware."***

***The people of God saw and experienced the hand and power of God as the water parted and their enemy drowned... They experienced firsthand the work of God...***

***They only had to be silent and know that He is God.. They should stop griping and fearing and let God take care of business..***

***How does acknowledging God impact our stillness?***

***We know that He is omniscient (all-knowing),  
We know He is omnipresent (present everywhere),  
We know He is omnipotent (all-powerful),  
He is holy, sovereign, faithful, infinite, and good.  
Acknowledging God implies that we can trust Him  
and surrender to His plan because we understand  
who He is.***

***In our times of troubles it helps to acknowledge  
the One in whom we believe in.. Hopefully the one  
you believe in is God and not yourself... There is an  
old hymn about this...***

***I know not why God's wondrous grace  
To me He hath made known,  
Nor why, unworthy, Christ in love  
Redeemed me for His own.***

***But "I know Whom I have believed,  
And am persuaded that He is able***

***To keep that which I've committed  
Unto Him against that day."***

**I know not how this saving faith  
To me He did impart,  
Nor how believing in His Word  
Wrought peace within my heart.**

***But "I know Whom I have believed,  
And am persuaded that He is able  
To keep that which I've committed  
Unto Him against that day."***

**I know not when my Lord may come,  
At night or noonday fair,  
Nor if I walk the vale with Him,  
Or meet Him in the air.**

***But "I know Whom I have believed,  
And am persuaded that He is able  
To keep that which I've committed  
Unto Him against that day."***

***God continues his speaking commanding in verse 10 of psalms 46... After telling us to be still He then states***

***Pp 11***

***"I will be exalted among the nations,/I will be exalted in the earth." Psalms 46:10b***

***It was tempting for the nation of Israel to align with foreign powers, and God reminds them that ultimately He is exalted!***

***God wins, and He will bring peace.***

***During the prophet Isaiah's time, Judah of Israel looked for help from the Egyptians, even though God warned against it.***

***Judah of Israel did not need Egyptian strength,; they needed to be still and rely on the Lord: God told the prophet...***



**Pp 12**

"In repentance and rest is your salvation, in quietness and trust is your strength" (Isaiah 30:15).

*When we are still and surrendered to God, we find peace even when the earth gives way, the mountains fall (verse 2), or the nations go into an uproar and kingdoms fall (verse 6).*

*When life gets overwhelming and busyness takes precedence, remember Psalm 46:1,*

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

*Run to Him, lay down your weapons and fall into His arms. Acknowledge that He is God and that He is exalted in the earth. Be still and know that He is God.*

*Love yawl in Christ..... Pastor Mike*