

# Psalm 46:10-11

<sup>10</sup>He says, “Be **still**, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” <sup>11</sup>The LORD of hosts is with us; the God of Jacob is our fortress.

**Selah**

# Psalms 46:3,7,11

<sup>3</sup>though its waters roar and foam,  
though the mountains tremble at its  
swelling. **Selah**

<sup>7</sup>The LORD of hosts is with us; the God  
of Jacob is our fortress. **Selah**

<sup>11</sup>The LORD of hosts is with us; the God  
of Jacob is our fortress. **Selah**

# *Stillness*

# I. Stillness is Surrendering to God





# Mga Awit 46

**46** Ang Diyos ang ating lakas at kanlungan,  
at handang saklolo kung may kaguluhan.

**2** Di dapat matakot, mundo'y mayanig man,

kahit na sa dagat ang bundok matangay;

**3** kahit na magngalit yaong karagatan,  
at ang mga burol mayanig, magimbal.

(Selah)

# Surrender Is Not Defeat — It's Trust

## Psalm 46:9-10

9 He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; <sup>10</sup>He says, <sup>10</sup>“Be **still**, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

“When you stop fighting,  
God starts fighting for  
you.”

*“Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God’s.” —*

# II. Stillness is Resting with God

# Rest

- cease work or movement in order to relax, refresh oneself, or recover strength.
- an interval of silence of a specified duration.

## **Hebrews 4**

**11** Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.



# Stillness is not Laziness



# Matthew 11:28-29

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”



“Sometimes we work so hard that we forget to walk with Jesus.”

# III. Stillness is Acknowledging God's Work

You can be still, not  
because of your own  
labor, but because God  
is working in your life

# 1 Mga Taga-Corinto 3:6-7

Ako ang nagtanim, si Apolos ang nagdilig, subalit ang Diyos ang nagpatubo at nagpapalago. Hindi ang nagtatanim o nagdidilig ang mahalaga kundi ang Diyos, sapagkat siya ang nagpapatubo at nagpapalago.



Trust in God's work  
rather than our own  
efforts.























# “Be Still, God is Working”



# **1 Corinthians 11:23-26**

**23** For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, **24** and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.”

# **1 Corinthians 11:23-26**

**25** In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” **26** For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes.