

A Firm Foundation

Solid truths for a shifting world

August 21st, 2022 Ralph Hardy



Psalm 46:10

Be still, and know that I am God. [most translations]

Cease striving, and know that I am God. [NASB]

Relax, and know that I am God. [Dr. Peter C. Craigie, WBC Vol 19 Psalms 1-50]

Psalm 46 – what is it about ?

- **Vs. 1-3 pictures God as One who brings help when His people find themselves in the middle of trouble or challenges and so they “will not fear” (v.2)**
- **Vs. 4 & 5 asserts that God dwells among them**
- **V. 6 is a reminder of God’s power and sovereignty**
- **V.7 (and v. 11) focuses on who God is and our relationship with him**
- **Vs. 8 & 9** again refers to God’s sovereign intervention and His divine power
- **V. 10 God’s instruction/expectation for how we should respond to Him in chaotic/calamitous times**

The RTV offers another interpretation:

Reset, being plugged into God. [RTV – Ralph’s Tech Version]

RESET – Release/shutdown

- Find an activity or place with minimal distractions

BEING PLUGGED INTO GOD – tapping into God’s resources

- Begin a conversation with our Lord
“You keep him in perfect peace whose mind is stayed on you...”
Isaiah 26:3
- Prayer “is not simply words that we offer when we speak to God but an opening of our self to God.” [David Banner, Opening to God]
- Ask Jesus for help clear my mind of all my tasks & responsibilities
Ponder favorite Scripture passages/verses, e.g., The Lord’s Prayer, 23rd Psalm, Phil 4:13

- “Know that I am God” - Think about God’s character, especially His love
(good book on the character of God: *Knowing God* by J.I Packer)

RESET – Restart with a renewed sense of purpose

- Do I need to update my “operating system” (view of things)?
Should there be a change in the way I do things, think about things, include God in things?
Should I trust God more?
- Re-prioritizing tasks
 - o Ask God for help in prioritizing tasks
- Re-purposing tasks
 - o Ask God to help me to have a greater sense of His purpose

What motivates us?

1. Duty - feel obliged
2. Desperation – want to avoid the consequences of not doing it
3. Inspiration – being led and empowered by God’s Holy Spirit

Inspiration

- Being inspired by God (plugged into Him) allow us to “shine like stars in the world” (Philippians 2:16).
- Packer, in *Knowing God*, concludes that we (and the Church) have no hope of being a light to the world unless “we learn in our thinking and our praying and our practice to honor the Holy Spirit” (p. 72).

Discussion

1. Can you find a place or activity where you can avoid distractions to have time to “reset”?
2. What are some of the things that consume your thoughts/emotions/energy that leaves you feeling drained?
3. What’s one thing you could talk to God about having Him be more a part of how you think about it and do it?