

Be Still My Soul

Psalms 46 Romans 8:31-39 Matt 6:25-34

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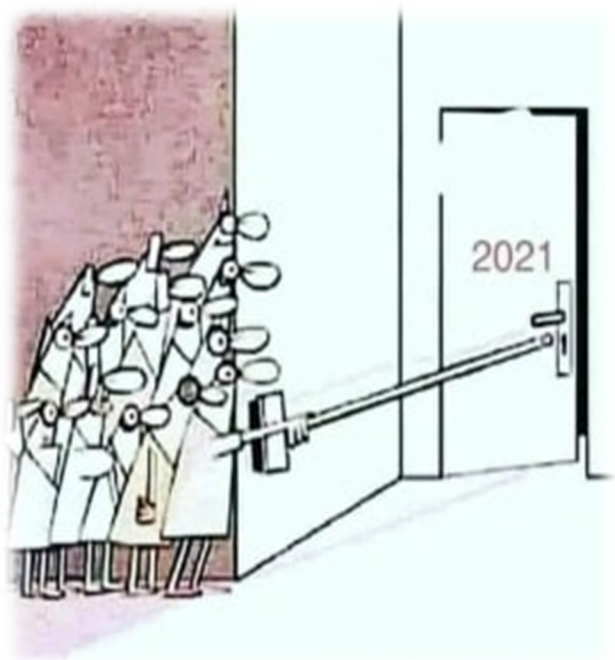


When you think back over to this past year, did you pick up the *Covid 19*? *Not the virus*, but the **19 pounds** that went with all the stress of Covid: shutdowns, quarantines, testing, video school, online meetings, non-stop news reports, and all the other craziness that we have had to endure!

This past year has had enough going on to keep us awake many nights; I'm sure we all had times when our stomach was in knots and we were fighting off worry, fear, and anxiety --- or maybe even frustration and anger. And of course, we're not out of it yet! It appears that we have stumbled into this brand new year with many of the same problems, dangers, threats, and worries!

Thankfully, the good Lord doesn't abandon us in these crazy mixed up times, but rather, **He quickly comes to our side to help us!**

As we start this brand-new year, 2021, it's a good time to **refocus**, to **reboot** if you will, and to **keep your eyes on Jesus**. This is a good time to keep God's promises close in your heart, to put them on your lips, to hold them before your eyes and to let them sink the deep into your being. Today, let's fill our mind with some promises of God!



There are two promises that we will look at today; both are worthy of memorizing¹; and both will keep you focused on the Lord as you begin 2021. The first is **Nahum 1:7**.

The LORD is good!
He is a refuge in times of trouble,
He cares for those who trust in Him.

Nahum 1:7

“*The Lord is good!*” is a lens through which God's People see their lives. It is the starting point in our understanding of God! God is good, and He cares about you! There is no evil in God; He will never do anything to hurt you, and everything that happens will be made to work for your benefit and wellbeing. We do not worship a spiteful, malicious, or mischievous God; rather the Holy Trinity is good, kind, and loving towards you! Even if He allows some pain or suffering to enter your life, He has promised that it will work for your good, for your benefit, and for your wellbeing. As a Christian, your pain and suffering is not a curse, but a blessing!

The goodness and kindness of God is seen most clearly in His Son Jesus Christ. God sent Jesus to deliver you from *evil*; to rescue you from the *danger* of death; and save you from the *peril* of eternal judgment. God's goodness and love sent Jesus to face these dangers for you; they all fell on Him: *satanic evil, suffering and death, and condemnation, punishment, and judgment* all fell on Him as He died on the cross. In His Resurrection, you are safe and sound; you are declared righteous and holy; and you have

¹ I would encourage you to ALWAYS have something Biblical that you are working on memorizing. A verse, a chapter, a hymn verse, etc. Figure out what works best for you. This keeps God's Word in front of you and fills your mind with Christ and His Promises! These two promises that we are looking at today would be excellent and beneficial promises to memorize!

been delivered from evil and blessed with the goodness, grace and mercy of Almighty God!

God is good and kind to you; He proves it at the cross and He shows it in your everyday life! “*The Lord is good!*” is a lens through which God's People see their lives. God's goodness is how we view everything that might happen to us. *Let it be your “lens”; let it be your first response to anything that might happen to you.* God is always good to you; and His goodness is at work in every detail of your life! *The Lord is Good! He is refuge in times of trouble! He cares for those who trust in Him!*

Another *powerful promise* to hold close and fill your mind with is found in **Psalm 46**. The first two verses say,

**God is our refuge and strength,
and ever present help in times of trouble,
therefore we will not fear . . .**

Psalm 46:1-2

In this Psalm, God promises to be **with you** even if the whole world seems to be crumbling around you. The presence of God in your life brings His power and strength. God's presence and power makes your life a *refuge*; a safe place. Later in the Psalm, God is described as your *fortress*. The Lord Himself surrounds you: He is your *refuge, strength, and mighty fortress!*

Safety is being emphasized in this Psalm. *Safety in God. Protection from evil. Shelter from the enemy.* God is present in your life and He promises to use His mighty power to shield you from anything that will harm you.

No matter what you are going through right now;
No matter what might happen in this new year:

⇒ God is right there with you in the middle of it all!

- ⇒ He is present with you!
- ⇒ The Lord remains your refuge and strength!
- ⇒ The Good Lord continues to be your Mighty Fortress!
- ⇒ His mighty power is at work for good in your life!

You are safe in the presence of God. Even if the worst case scenario happens; even if there is a major change in your life; even if you die, you are safe in God's presence. His power is at work in and through you; you live your life in His *Refuge* and in His *Strength*, and in His *Fortress*.

**Because God is your refuge and strength,
you live in peace and trust,
not in fear and worry!**

The result of *knowing* God's goodness in your life; and *realizing* that you live your life in God's presence and with His strength, is that you can have peace. You can relax. You can trust God's promises. All of this is summed up later in Psalm 46 in this verse:

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

Psalm 46:10

"Be Still." That is called a *gospel imperative*; which means that God makes that happen in your life through His Word and Sacraments. On our own, we could never "Be Still", we would panic, fear, and probably blame God. It's God's promises that create faith and this "Stillness". *Be Still* is another way of saying **trust God**; it's a gift that God gives you through His Promises: it means be at peace; to rest, to keep your eyes on the Lord; to fill your mind with His promises. The Lord says, "**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 God telling you to *fear not*.

Today, as we get going in 2021:

May you “Be Still” and *fear not*, because *the Lord is good; He is a refuge in times of trouble, He cares for those who trust in Him*

May you “Be Still” and *fear not*, because *God is your refuge and strength, an ever present help in times of trouble.*

Amen!