

## **BE STILL MY SOUL – PSALM 46:10-11**

### **INTRODUCTION**

1. Self-reliance is an important virtue for most Americans.
2. We like to say, “God helps those who help themselves.”
3. But there is a danger to rely on ourselves more than we do on God.
4. Sometimes, we need to learn to be still, and to let God be God (**Exod. 14:13-14; 2 Chron. 20:17; 2 Kings 19:19; Isa. 30:15**).
5. This hymn reminds us of the need to fully trust in God.<sup>1</sup>

### **DISCUSSION**

#### **I. THE LORD IS ON OUR SIDE**

- A. “Be still, my soul: the Lord is on thy side. Bear patiently the cross of grief or pain. Leave to thy God to order and provide; In every change, He faithful will remain. Be still, my soul: thy best, thy heavenly friend Through thorny ways leads to a joyful end.”
- B. What a blessing it is to know that the Lord is on our side.
- C. If God is for us, who can stand against us (**Rom. 8:31**)?
- D. Knowing that He is with us, we can patiently endure whatever life throws our way (**Luke 9:23-24**).
- E. We can rest in God’s care, knowing He will provide what we need and what is best because He has promised, and He is always faithful (**1 Cor. 1:9; 10:13**).
- F. When we humbly and faithfully walk with the Lord at our side all of life’s struggles will lead to a joyful end (**Jas. 1:12; 1 Pet. 1:6-7; Rom. 8:28**).

#### **II. GOD IS IN CONTROL**

- A. “Be still, my soul: thy God doth undertake, To guide the future, as He has the past. Thy hope, thy confidence let nothing shake; All now mysterious shall be bright at last. Be still, my soul: the waves and winds still know, His voice who ruled them while He dwelt below.”
- B. Many feel like God is far away and doesn’t know or care about what is taking place in this world.
- C. But the Bible reminds us over and over about God’s intervention and control over the universe and in the affairs of mankind (**Ps. 136; Dan. 4:32**).
- D. These accounts of God’s sovereignty should give us hope and confidence in Him (**Rom. 15:4**).
- E. Because He is in control we don’t have to worry about tomorrow; God will take care of it (**Matt. 6:33-34**).

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<sup>1</sup> Von Schlegel, K. (1752). *Psalms, Hymns, and Spiritual Songs* (p. 373). (J. L. Borthwick, Trans.; D. Maravilla, M. Coulson, S. Wolfgang, C. E. Couchman, & C. Roberts, Eds.). Munfordville, KY: Sumphonia Productions, LLC.

- F. When the storms of life assail us, we should remember that all creation is under the control of the one who said “Peace, be still!” (**Mark 4:39-41**).

### **III. JESUS IS OUR COMFORTER**

- A. “Be still, my soul: when dearest friends depart, And all is darkened in the vale of tears, Then shalt thou better know His love, His heart, Who comes to soothe thy sorrows and thy fears. Be still, my soul: thy Jesus can repay, From His own fulness all He takes away.”
- B. One of the most difficult things we face in this life is the loss of a loved one (**Gen. 23:1-2; 2 Sam. 12:16-18**).
- C. It is unfortunate, but death is a part of life (**Eccl. 3:1-2; Heb. 9:27**).
- D. However, for the faithful, the Lord is there to comfort us and encourage us (**John 11:33-35; 2 Cor. 1:3-5; Ps. 23:4**).
- E. When we lose a loved one, we can rest in the care of Jesus and take courage and strength to continue to be faithful (**Isa. 40:29-31**).

### **IV. TIME IS HASTENING ON**

- A. “Be still, my soul: the hour is hastening on, When we shall be forever with the Lord, When disappointments, grief, and fear are gone, Sorrow forgot, love’s purest joys restored. Be still, my soul: when change and tears are past, All safe and blessed we shall meet at last.”
- B. There is an old saying that “time and tide wait for no man.”
- C. There is nothing we can do to stop time from marching on and the reality is that each day we grow a little older and the end of our lives and the time of the Lord’s return draw ever nearer (**Rom. 13:11**).
- D. When the Lord comes, the faithful have the assurance that all our griefs and sorrows will end, and joy will be restored (**Rev. 21:4**).
- E. If we will put our trust in the Lord, we will be with Him forever in eternity (**1 Thess. 4:13-18; 2 Sam. 12:23**).

### **CONCLUSION**

1. The last stanza of the original hymn reads, “Be still, my soul: begin the song of praise, On earth, believing, to Thy Lord on high; Acknowledge Him in all thy words and ways; So shall He view thee with a well-pleased eye. Be still, my soul: the Sun of life divine, Through passing cloud shall but more brightly shine.”
2. We must begin to seek the Lord now and to put our trust in Him (**Prov. 3:5-6**).
3. This will give us the confidence and assurance that He is always with us (**2 Chron. 16:9**).
4. Today whenever life seems overwhelming, remember to be still and to put your trust in God.