

## Be Still

### Scripture Reading — Psalm 46

*“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 —*

We tend to think of being “busy” as something positive—maybe even a compliment—especially when we consider some of its opposites, like being “idle” or “lazy.” But we shouldn’t assume that “busyness” is a Christian virtue. Have you ever thought that busyness could be a sign of Christian betrayal rather than commitment?

We should be thankful that many believers are busy for the Lord. Giving ourselves in service to God’s kingdom is an essential part of the believer’s life. But mere busyness does not equal faithfulness in the Christian life.

In a time of great social upheaval and national crisis, God urged his people to simply “be still” and know that he was God. Twice in Psalm 46, God’s people heard the assurance that the Lord Almighty was with them. He would be their comfort and mighty fortress. The key to experiencing that assurance, though, would be to approach God with a stilled heart and quiet trust.

When we withdraw from our busy lives to spend time with God, we find ourselves enjoying the reality of his presence. While we are not called by God to be lazy or idle, neither are we called to a life of non-stop activity and service. God’s invitation to “be still” unlocks for us the joy of knowing him.

### Prayer

*Lord Almighty, we rejoice that you are with us. Teach us to be still so that increasingly we can experience your presence in our lives through your Holy Spirit within. Amen.*

**Devotion topics:** [Life](#), [Christian Life](#), [Following Jesus](#)

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