

# A Better Relationship with Jesus – Be Still

Psalm 46:1-11

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Do you find that it's hard to be alone? It's hard to get away from the noise of the world. It's challenging to get away from people when you need the solitude. Do you have a hard time being still when you're alone? There seems to be something in the air that has infiltrated our brains. Whatever it is most of us have become fidgety. We can't stop our brains. We can't find the off switch. We may have decided that we don't even want to look for it.

To have a better relationship with Jesus we have to be still. Which means we need to find the off switch.

## Psalm 46 (NLT)

**God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea. Let the oceans roar and foam. Let the mountains tremble as the waters surge!**

Interlude

**A river brings joy to the city of our God, the sacred home of the Most High. God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it. The nations are in chaos, and their kingdoms crumble! God's voice thunders, and the earth melts! The Lord of Heaven's Armies is here among us; the God of Israel is our fortress.**

Interlude

**Come, see the glorious works of the Lord: See how he brings destruction upon the world. He causes wars to end throughout the earth. He breaks the bow and snaps the spear; he burns the shields with fire. *"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."* The Lord of Heaven's Armies is here among us; the God of Israel is our fortress.**

Interlude

**Somethings never change, God still rules even when there's chaos.** The chaos can be world events. Our God is still on the throne. The Lord is worthy of glory, majesty, and honor. He is due all gratitude, praise, and thanks. The nations around the world are going crazy. Trade wars, verbal insults, violence are standard operating procedure for the day. The tension and stress of what might happen next is always one breath away. Things all around the world seem to be waiting for the next bad thing to happen. Trying to find the good in our world requires sifting through lots and lots of bad. It's so difficult to find someone who is worthy of our trust.

Our God is a refuge, a place to seek shelter. He is a stronghold, a place of defense. He is our fortress, a place where we can fight the battle.

The chaos can be your hectic life. Our God is still on the throne. The Lord is worthy of glory, majesty, and honor. He is due all gratitude, praise, and thanks. Job demands can be demanding and overwhelming. The work load can be crushing. The work place can be dangerous to your health, and

hostile to your faith. The job can be different than we desired. It can be harder work than you're capable of doing. It can be mind numbing. It can be life draining. Family problems, medical issues, can be never ending. There can be drama within the family that keeps everyone on eggshells. Doctors and tests dominate your schedule. The medical problems continue. Some people have over loaded their lives with activities. Some of the activities amount to busyness; Doing something just to be doing something.

Our God is a refuge, a place to seek shelter. He is a stronghold, a place of defense. He is our fortress, a place where we can fight the battle.

The chaos can be your spinning brain or your empty head. Our God is still on the throne. The Lord is worthy of glory, majesty, and honor. He is due all gratitude, praise, and thanks. Everyone wants their fifteen minutes of fame. So, it's bigger and bigger. We think and think and think and then our head spins. We over analyze, over scrutinize, and over dissect. We take a small problem and talk ourselves into them being big problems. The tiniest thing gets us over cooked and burned up.

Our God is a refuge, a place to seek shelter. He is a stronghold, a place of defense. He is our fortress, a place where we can fight the battle.

***Psalm 46:10 (NLT) "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."***

**It's hard for you and me to be still and pray in the midst of the turmoil.** Quiet is hard to find in our world. Not only is there chaos, there's noise everywhere. It's almost as if noise has replaced air, it's become essential to life. The noise is manufactured, and not natural. I can hear the hum of the machines from the local factories. During Fair week there were the sounds of the loudest engines roaring for two nights in a row. I'm starting to act like my dog when there's loud noises, I want to hide. There's a biker in town that has a street bike that he likes to ride in second gear so that everyone can hear him.

We don't live very far from the railroad tracks, the train whistle is loud. Some streets in town are busy with traffic and every possible vehicle sound. Then there's been the construction downtown with the heavy equipment making noises. Now that its fall there are the leaf blowers. From spring to fall we hear the lawn mowers. In the winter I get out my snowblower. The phone has a hundred different sounds. The computer makes noises. The TV is has more sounds than I can count.

Noise is everywhere. We've become so accustomed to noise that we don't like the quiet. We sleep with noise machines or a fan. We don't know what to do when there's a cricket in the house. God is still speaking, talking to us through all the noise.

We're all addicted to the noise and the activity. We go looking for the noise. The radio is on in the car. We get headphones and earbuds to better hear the noise we like. We walk around the neighborhood singing like no one can hear us, but everyone can hear your voice. We have music on our phone, tablet, computer. We crave the noise. We look for the noise. It's like a drug, but we aren't aware we're taking the drug.

God is still speaking, talking to us through all the noise. God wants us to hear His voice. God has a message for us. His words are encouraging. His voice is empowering. He loves each one of us. God is calling us by name. He knows what hurts us, troubles, and holds us down. When we clear away the

clutter something happens. When we shut down the noise there is a voice speaking. As we remove the distractions there is peace and hope. Our God, our Savior and Lord Jesus Christ is speaking to us. His Holy Spirit is touching us. We know that God is still God.

***Psalm 46:10 (NLT) “Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”***

**Learning to be still is learning to honor Jesus.** We honor Jesus with gratitude. Forgive me for the cliché and the rhyme but, gratitude is an attitude. Our relationship with Jesus becomes better with an attitude of gratitude.

I’m not talking about being a pessimist or an optimist. It’s natural to think that an optimist would have an attitude of gratitude. That’s not necessarily true. A person can be positive but not be grateful. An optimist can hope for the best, be wishful in their thinking, with a desire to be happy, but not be grateful for their blessings. An optimist can be caught up in the world of being positive that they forget to say thank you to their creator.

A pessimist my only look at the negative outcomes. They may see each situation with a lens colored toward the next bad thing. Pessimists can also be grateful for what they have right now. What may appear to be a negative outlook might be confused with being realistic. That doesn’t keep a pessimist from being grateful for the past and present.

An attitude of gratitude proclaims God’s power and authority in every situation. The classic way of describing optimist and pessimist is the glass of water test. The optimist says it’s half full. The pessimist says it’s half empty. An attitude of gratitude says my God can fill it to overflowing. Our relationship with Jesus improves when we have an attitude of gratitude.

We honor Jesus with praise. Nothing on earth, including all the noise, can change the truth that Jesus is the Son of God. Nothing changes the truth that Jesus lived, died and rose from the dead to forgive our sins. The truth is not changed, Jesus sits at the right hand of the Father advocating for our souls. The truth remains the truth that we are judged by our response to Jesus: faith or no faith.

We praise Jesus for who He is. He is our Savior. He is Lord over life and death. He is the Creator, and Sustainer, Savior of the world. He is eternal, He is the leader of God’s armies. He is compassionate, kind, gentle and wise. When we praise Him for who is, our relationship grows deeper and becomes stronger. Our praise for who Jesus opens not only our eyes to see him better, but our souls to trust Him more.

We honor Jesus with thanks. Thanks and praise are not the same thing. Thanks is given for what someone has done. We draw near to Jesus and our relationship is strengthened when we give thanks for His blessings. Jesus has blessed us by dying on the cross. Jesus has blessed us by rising from the dead. Jesus has blessed us by giving us a new life now and into the future for all of eternity. The blessings of Jesus come everyday, in friends, by material needs, through power to overcome sin. When we give thanks for the smallest blessings we are closer to Jesus. As we thank Jesus in the midst of the crisis we receive His power to remain faithful.

Gratitude, praise, and thanks work together to bring honor to the name of Jesus. They make it possible for us to have Jesus on the throne of our hearts and souls. We begin to crave more and more being still and alone with Jesus.

***Psalm 46:10 (NLT) “Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”***

**To be quiet before the Lord honor Jesus with gratitude, praise, and thanks.** Honoring Jesus changes your focus from you to Him. I think about how the noise of the train keeps me awake. I think about how the whining of the leaf blower pierces my ears. I’m thinking about me.

But with gratitude, praise, and thanks my focus changes to Jesus. The sounds, the chaos, the troubles in life aren’t about me, but what Jesus can and will do about it. Whatever the sound, the chaos, the trouble Jesus knows about it already. He was not surprised by it like I am. He is not confused by it like I am. He is not burdened by it like I am. So, I can talk to Him about any part of my life. I can leave with Him every thing in my life. I become free to be still with Him.

Honoring Jesus recognizes who He is. We’re not Jesus. We’re not sitting on the throne at the right hand of God. we’re not the one who is worthy of all the glory. Jesus is the Lord of all life, He is worthy of all the glory and honor. Jesus is the Prince of Peace, He is worthy of all the glory and honor. Jesus is the Mighty Counselor, He is worthy of all the glory and honor. Jesus is the Creator, the force behind all that has ever been made. He is worthy of all the glory and honor. Jesus is the Savior of the world, He is worthy of all the glory and honor.

When you and I are still we can put Jesus back in His rightful place. When we cast off our delusion of controlling the chaos and overcoming the troubles. We can lay all of it at the feet of Jesus. We can put it there in one big bucket. We can put it there one crisis at a time.

Honoring Jesus proclaims what He has done. You have done nothing in your life that is worthy of all glory and honor. As big and important as you might think you are what Jesus has done is greater. You might agree with what I just said, and think you are worthless, useless, and hopeless. That is quite the extreme.

The truth is Jesus has done the greatest thing that anyone could ever do. The discovery of fire, the invention of the wheel don’t compare to what Jesus has done. The greatest paintings, the most beautiful songs, the most well crafted stories are no comparison to the action of Jesus. The cure for cancer, COPD, diabetes, will all pale in relation to the work of Jesus. The invention of the internet, cell phone, Artificial Intelligence are weak in comparison to Jesus’ life, death and resurrection.

The one who is worthy of all praise, glory, and honor surrendered all of it. He came into our world like each one of us, a helpless baby. He lived with dirt and saw dust, the smell of sweet, calloused hands and tired feet. He saw things, heard things that tempted Him to be unfaithful to God the Father in heaven, but He didn’t sin. He came into contact with diseases and demons, healing them and casting out the demons. He was popular beyond our comprehension and hated with a desire to kill. He was beaten, ridiculed, bullied, spit on, nailed to a cross, and left to die. On the third day He came back to life and walked out of the tomb.

But, none of that was the greatest and most important thing Jesus did. He became our sin, paid the penalty for our sin – death. Jesus set us free from God’s judgment and condemnation. He gave us the glory and honor that is due to Him. To have a better relationship with Jesus give Him all the glory and honor. He is worthy.