



“God is our refuge and strength, a very present help in trouble... Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth! The LORD of Host is with us. The God of Jacob is our refuge.” Psalm 46:1, 10 – 11

In the midst of a battle silence is a rare thing – the sounds, the noises the confusion, the turmoil, the sights, the pain, the loss, the waste – yet in this apparently God-forsaken place the Lord says, “I am a refuge and I will be your strength.” “I won’t be far from you in your battle for I am an ever-present help in your times of trouble!”

While you may not be facing the horrors of battle or war there is a conflict every person must face. In their thoughts, the clamour, the confusion is as real as a genuine battlefield; only a battlefield may experience lulls while the mind under assault often never finds rest.

So how do I still myself? How can I quiet my mind long enough to experience the Lord’s strength and protective presence? In a word, you can’t! His stillness, His peace is like a blanket that settles on the one who looks to Him. Like all things in the Christian life faith alone pleases God. The Spirit’s enablement will be yours as you release your faith in the midst of your trouble.

“You will keep him in perfect peace, whose mind is stayed on Him, because he trusts in you. Trust in the Lord forever, for in the Lord God is everlasting strength.” (Isaiah 26:3-4)

“Prince of Peace, I receive Your peace that passes all understanding! I submit my mind and thoughts to You, bringing them under submission to Your mind and ways! As I keep my mind stayed upon You, You have promised that You would keep my mind in perfect peace! Bless the Lord, O my soul; be at peace for Jesus has everything under His control!” (Philippians 4:7-8; Isaiah 26:3; 2 Corinthians 10:4-5)

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