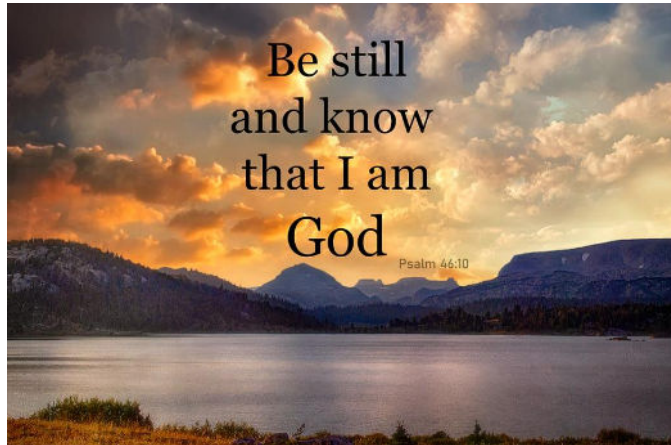


Praying through the week 22<sup>nd</sup> April 2024

Psalm for Peace



“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)

Beginning with the reassuring words we know so well: “God is our refuge and strength, an ever-present help in trouble ...”, the psalmist continues to celebrate God, His power, His provision and His protection. Then in verse 10 God speaks:

“Be still, and know that I am God...”

“Be still...” What do these words convey to us? Perhaps we're recalling how Jesus told His disciples, after a busy day, to go with Him to a quiet place to get some rest (Mark 6:31)?

Maybe we're remembering the occasions when we have found a quiet place and simply enjoyed resting in Jesus' presence?

Perhaps give thanks for these times?

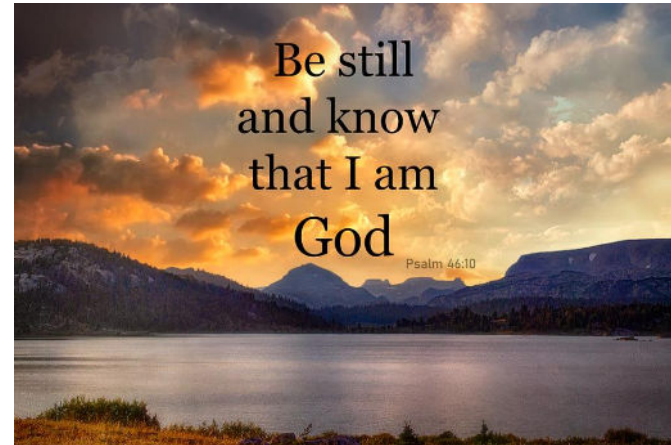
“Stop your striving and recognise that I am God...”(verse 10 NET)

When life is stressful ... confusing ...worrying ... are we tempted, perhaps, to find our own solutions to the problems: rely on our own strength and ability ...? And perhaps miss God's whisper, “Step aside - let go and let me be God. Trust me - I love you . I am at work in this. See what I can do.”

Is there anything we might want to say in response? Maureen

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