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Reflections on Psalm 46:10a

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Be still and know that I am God

Be still and know that I am

Be still and know

Be still

Be

Be

Be is about being. Be is about being with you. Of all of the forms of the verb *to be*, “I am” is a present tense form. You are always the I AM. You are always here in the present moment. To be is to exist, to live. You have made us man and woman, but we are called human beings. We are not human doings, sometimes it seems as though our lives are filled with doing. You created us in your image, so if you are the great I AM, then maybe I am the small “i am”. Our being is tied to you. You tell us Jesus was before all things and in him all things hold together. We are held together through Jesus. When I am with you, and as you are present in my life, then as I walk with you, the things I do, the things I say, and the things I see, hear, feel, taste, and smell all come through your presence in me. This is the mystery Paul talked about which is revealed as Christ in me, the hope of glory. It is because of Jesus in me that I can be Jesus to others. The bracelets which have been popular in recent years with the letters WWJD (i.e. What Would Jesus Do?) are close, but not what we should be seeking. It is the wrong question. The initials on the bracelet should be WWJB (i.e. What Would Jesus Be? or Who Would Jesus Be?). Jesus said he does nothing except what he sees his father doing in heaven. If we can be compassionate, gracious, slow to anger, rich in loving kindness, honest, faithful, and forgiving – the doing will flow from our being and we will touch people with no conscious effort.

Be Still

Stillness seems to be a fleeting state in the world we live in. It is not something which happens naturally. Just as Paul said “I have learned to be content in all circumstances,” I could say “I am learning to be still” (learning being the operative word). Stillness brings thoughts of solitude and silence. Although solitude is a state of being alone with God, silence is something you can carry throughout your day. Stillness is something which can be a planned time or an interlude between the phone calls and e-mails of a busy day. Being still before God can take a moment. Not unlike centering, it is about being aware and conscious of your presence, acknowledging you as Lord, and then going on. It is a constant reminder of the silence of your love which is always present. Being still is the calm not only before the storm but the calm in the midst of the storm. Being still is acknowledging God’s presence in all circumstances. Being still is correlated to being content. I am continuously learning to be still in all circumstances: in quiet and in chaos, in the early morning stillness and in the busyness of the day.

Be still and Know

Lord, you are the one who knows me, you know the depths of my heart of which I am unaware. You are the one who puts things in my heart which become the heart knowledge that sets me free. When you have touched me and moved things from my head to my heart those were life changing experience. I went from having information in my head to having transformational knowledge in my heart. I was, and continue to be, profoundly changed. I know in my heart three things. I know Jesus is the Christ, the Son of the Living God. I know you are my provider and I know you are good. When you planted knowledge in my heart, everything changed. Your transformational knowledge gave me an assurance to know that I know that I know that I know that I know and no one can take your knowledge from me. Romans 8:38-39 states “For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us [me] from the love of God in Christ Jesus our Lord [nor from the knowledge He has placed in my heart].”

Be still and *Know* that I am

You are the great I AM. There are no words which can adequately describe you. You are indescribable. The I AM, the first person form of the verb *to be*. You are first and foremost, *being*, the non-created God, who has been in existence from before eternity. There are no words to describe you. No words can name you in completeness. You are the ultimate being. You are the I AM. You are the creator of heaven and earth. You are the I AM who spoke the world into existence. You are infinite in your being. I am finite. What words can be used to describe all you are? There are none which will adequately describe your being. Words are so inadequate. I use them, but they will never be able to describe even one attribute of yours in any depth. I may give a name to something, but that name is not the attribute. What can be said other than, “Tell Pharaoh that I AM sent me.”

Be still and *Know* that I am God

God, you are so awesome. You are the Creator of heaven and earth. You fill the entire universe and you love me. You created me before the foundation of the world in your image. Your heart is to draw me back to you, not build a robot but rather create me to be able to choose you. I do choose you. My heart desires to be with you. My heart longs for you. My heart desires to learn from you. You are the God of all creation. If I open my eyes, if I can see with my heart, there you are. You are always “nowhere” (now here, not no where). You are in the present with me. It is not you who doesn’t see me, it is me who doesn’t see you. It is me who does not know your presence. Open the eyes of my heart, Lord; I want to see you. Open the ears of my heart, Lord; I want to hear you. Open the tongue of my heart, Lord; I want to taste you. Open the hands of my heart, Lord; I want to feel you. God, I cannot comprehend you for I am finite and you are infinite. I am nothing and you are everything. I have blind spots – you love me anyway. I bow before you.

After having been out of a formal school setting for decades, Daniel Kral took Father Columba Stewart’s class on Eastern Christianity in the Fall of 2011, a class he claims had a profound impact on his life, broadening his perspective of the Eastern Orthodox and Oriental Orthodox sides of the Christian church and the mystical side of Christianity which has deep roots in the East. Daniel owns and runs a company which designs, produces and distributes decorative bedding to the hospitality industry. He has traveled extensively throughout the world.

Photo of Lake Sagatagan, Benedict Dyar, OSB