

I. Psalm 46:10

- A. Be Still
 - 1. "Step out of the traffic! Take a long loving look at me, the Most High God."
 - 2. Be Quiet....Be Calm....So you can enter into His Rest.
- B. And Know...
 - 1. What do you know?
 - Do you know God is Always With You?
 - Do you know if He is with you then He is always for you?
 - My People are destroyed for lack of knowledge...knowledge of His presence, knowledge of how to receive His promises, knowledge that He is God!
 - 2. You see, there is a difference in what you think you know and knowing that you know.....I know that I know that what God said in His Word and I know that it will never pass away; and because I Know, I don't have room for unbelief, questions, or any kind of fear. I Know God...He is God!
 - 3. Rest in the knowledge of His Presence
- C. Be Still + Knowing that He is God = Rest
 - 1. Psalm 91:1-2, 14-16
 - 2. With all the busy-ness in this world, do God's people really know the true meaning of rest?
 - 3. *Mark 6:31* (the importance of finding that quiet place).

II. I Kings 19:9-12

- A. The Still (Quiet, calm) Small voice of God
 - 1. "Be still....so you can hear the still voice of God."
 - 2. God is not as much into "making noise" as He is finding followers that will just simply listen and obey.
 - Jesus consistently told people who received a miracle to keep it guiet.
 - Is it possible that this is one of the major problems in the church today?
- B. Our focus Hearing and Obeying (This is part of Knowing)
 - 1. There are many voices in this world and they all have one goal in mind: distract you from the still voice of God.
 - 2. **Isaiah 1:19** "If you are willing and obedient..."
- C. "Peace, Be Still!" Mark 4:39
 - 1. Be still to Muzzle
 - 2. It's time to start speaking to the problem; it's time to start speaking to yourself; it's time to get closer to God – Be Still and Know!