EIBC Devotional #24 - "Be Still and Know"
Emerald Isle Baptist Church
Pastor Zach Emory

Scripture - Philippians 4:6

6 Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Our surrounding culture is very much propped up by the creation of a sense of urgency, industry, and anxiety. We live in a "fast food" world marked by instant gratification and zooming through life rather than "stopping to smell the roses." Psalm 46:10 reminds us to "be still and know that [God] is God." Paul likewise reminds us in this verse to "have no anxiety about anything." It is easy for us to get caught up in our daily checklists, our nagging thoughts, and our futile attempts to fill every moment of our day with mundane tasks. It is difficult for us to sit still and quiet our minds and hearts to receive a word from the Lord. When we create panic, God responds with stillness. When we fail to slow down, God rests in the utmost peace. When we think everything is beyond our control, we remember that the entire universe rests in God's hands. Today, take a moment for yourself. No distractions. No noise. Nothing to get done. Sit in quiet stillness and remember that "nature does not hurry, yet everything is accomplished." Give whatever fear, anxiety, worry, or hurry to God, and take refuge in Him.

Questions for Reflection

What aspects of your life do you need to slow down?

How might you create space this week to spend some alone time with God?

Prayer - Heavenly Father, may I rest in You. Give me peace amidst the chaos of life, and let me remember that, at this moment, only one thing needs to be accomplished.