

# Be Still and Know That I Am God

by Bishop M.A. Lalachan

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*To experience God's presence and peace, we must learn to be still and quiet, letting go of our fears, worries, and busyness.*

**Scripture:** Isaiah 30:15

**Topics:** "Quiet Reflection", "Faith And Trust"

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## Description

Bishop M.A. Lalachan preaches on the importance of being still and knowing that God is in control. He emphasizes the need to quiet the noise and turbulence in our lives to hear God's voice, find peace, and feel His love. By changing our fearful thoughts to faith-filled ones, we align ourselves with God's will and experience His strength. Through prayer, silence, and moments of quiet reflection, we can draw closer to God, allowing Him to speak to our hearts and fill us with His presence.

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## Transcript

"Be still and know that I am God," (Psalm 46:10)

The words - Be Still - in the English dictionary can mean not moving, and being quiet. God is the friend of quietness. When all the noise is gone there is only God. God wants to talk to us, but we have to be ready and available to listen. When we are free from outside noise or turbulence, we are able to hear the still small voice of God's Spirit as he comes to comfort and guide us through our trials. Some of the noise we experience that could be blocking our ability to feel God's presence is our own fear and worry. Along with busyness come the fearful and anxious thoughts we hold onto. It's been stated that we have upwards of 50,000 thoughts a day. Those thoughts aren't always constructive. When we learn to change our thoughts from fear to faith, we are more able to feel God's love because we are in harmony with him. When we have faith in God, the noise and turbulence is replaced by a sweet melody of peace. Bible says "In quietness and confidence is your strength" (Isaiah 30:15)

Many people are intimidated by silence. See how nature - trees, flowers, grass- grows in stillness; see the stars, the moon and the sun, how they move in silence... When you need strength and help, let go and rest in God, your refuge. You can hear the voice of God when silence reigns in the mind. In the silence of the heart God speaks. Prayer is an appointment with God. Out of the quietness with God, power is generated that turns the spiritual reality of your life. When you pray, you begin to feel the sense of being commissioned and empowered, that the divine compulsion is upon you. If you face God in prayer and silence, God will speak to you. Then you will know that you are nothing. It is only when you realize your

nothingness, your emptiness, that God can fill you with Himself. Souls of prayer are souls of great silence.

The storm-swept lake reflects no stars, and the perpetually busy, energetic and unquiet life, like "the troubled sea which cannot rest," Only in quiet waters do things mirror themselves undistorted.

Often time, the busyness of life makes it impossible for us to truly hear what God is trying to tell us. We can learn to be still as we pray, read scripture, go for a walk, meditate or give ourselves time to ponder free from interruption or disturbance. The more active, busy and forceful our external life is, the greater the necessity for let go and rest in God, in silence. Quiet moments bring you closer to God. Quiet moments give you access to heed the voice of God which allows you to function perfectly. Remember that all depths are silent, depths of space as well as depths of thought. To be calm does not mean that the storm is no longer all around you, it means that the storm is no longer within you. The storms may still rage, but you are free from the effects of them. They no longer trouble you because you know in whom you have trusted. When conflicts come and we are untroubled by them because of our faith in God, only then can we know peace.

"Be still and know that I am God," is not just a saying; it is a state of being. As we learn to be still and trust in God, we come to know and understand that we are God's children. We are never alone, never unaided and never forgotten. He will come to us. All it takes is for us to be still. Remember the sun does not rise and the sun does not set. It is an illusion. Instead, the Sun stays still, steady and bright, and as the Earth turns to face the sun, that is when the morning comes. The darkness of night comes when the Earth turns away. It is the same with us. In our trials, when we turn to face the Son of God, who is steady and bright, just like the Earth, we are filled with light. If instead we choose to turn away from him, the darkness of night will surely come. Choose to face the light. 1 John 1:5 says "This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all." We can take comfort in letting go and resting in God to provide help, strength and safety. Remember "The fruit of that righteousness will be peace; its effect will be quietness and confidence forever (Isaiah 32:17)

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