BE STILL

Finding Peace and Stillness in God's Presence

“Be still, and know that I am God.”
Psalm 46:10 (KJV)

A quiet devotional for the heart that needs to breathe, surrender, and remember that God is near.

Hidden Manna Hub

There are seasons when the world feels loud and our hearts are pulled in more directions than we know how to manage. Responsibilities keep calling. Questions remain unanswered. Plans change. People need us. And sometimes, even when everything around us finally becomes quiet, the noise continues inside our own hearts.

We replay conversations. We think about what could happen tomorrow. We carry concerns we cannot fix and questions we cannot answer. Without realizing it, we can become so accustomed to carrying everything that we forget God never asked us to carry life alone.

Then comes His gentle invitation:

> “Be still, and know that I am God.” - Psalm 46:10 (KJV)

Stillness does not mean pretending the problems are gone. It does not mean ignoring responsibilities or refusing to acknowledge what hurts. Biblical stillness is something deeper. It is the choice to loosen our grip and remember who God is.

There are moments when faith looks less like doing more and more like surrendering what we cannot control.

We can come before God and say, “Lord, I do not know how this will work out. I do not understand why this season looks the way it does. I cannot see what You are doing yet, but I know that You are still God.”

That kind of stillness is an act of trust.

Psalm 46 does not describe a peaceful world without trouble. Yet right in the middle of uncertainty comes the command to be still. In other words, our peace does not have to depend upon everything around us becoming peaceful. Our security rests in the presence of the One who remains steady when everything else feels uncertain.

You Do Not Have to Carry Tomorrow

God is not asking you to solve tomorrow before tomorrow arrives.

He is not asking you to have every answer.

He is not waiting for you to become stronger before you come close to Him.

He simply invites you to come.

Bring the concern you have carried quietly. Bring the prayer you have prayed more than once. Bring the situation you still do not understand. Bring the part of your heart that is tired from trying to hold everything together.

> **Pause. Breathe. Remember who is with you in this moment.**

The same God who has carried you through yesterday is already present in today. Circumstances may change, but His character does not. Feelings may rise and fall, but His faithfulness is not dependent upon how steady you feel.

Sometimes we expect God's presence to remove the storm immediately. But often the deeper gift is discovering that we are not alone inside the storm.

That changes the way we walk through it.

Instead of asking, “How am I going to carry all of this?” we can begin asking, “Lord, what are You asking me to place into Your hands today?”

Maybe it is the future. Maybe it is someone you love. Maybe it is disappointment. Maybe it is a decision you cannot make yet. Maybe it is simply the exhaustion of trying to be strong for too long.

Whatever it is, you do not have to hide it from God.

Make Room for His Presence

Today, make room for one quiet moment with Him. Not because every problem will disappear during that moment, but because your heart needs to remember where its refuge is.

Open His Word. Sit with His promises. Speak honestly in prayer. And when there are no more words to say, simply remain with Him.

You do not have to rush out of His presence.

> **Be still.**
>
> **Not because nothing is happening.**
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> **Be still because God is still God.**
> **Be still because His presence remains.**
> **Be still because His faithfulness has not changed.**
>
> **And be still because, even here, even now, you do not walk alone.**

Reflection

What am I carrying today that God is inviting me to place into His hands?

Prayer

Father, quiet the noise within me and help me remember that You are near. I bring You the concerns I cannot solve, the questions I cannot answer, and the things I cannot control. Teach me to rest in Your presence instead of trying to carry everything on my own. When my circumstances feel uncertain, remind me that You have not changed. Help me trust Your wisdom, Your timing, and Your faithfulness. Today I choose to be still and remember that You are God. In Jesus' name, Amen.

Take a few quiet minutes before moving on. Let the truth of Psalm 46:10 settle into your heart.