

FHBC  
Soul Care Sunday School  
September 26, 2021

**A Vital Discipline in a Perilous Age**

Psalm 46:10 and selected Scriptures

**Lesson Objective:** To apply the Lord's counsel to be still in soul and meditate upon His sovereignty and purposes in times of upheaval and change.

1. How would you characterize the times that we are living in? Use Biblical terms.
2. How would you characterize your response to our fast changing world? Has your response been Biblical and Christ like?
3. What Bible prescribed disciplines have you faithfully employed?
4. Given the times in which we live what word, discipline or action have you deemed as most vital? (Your words, actions, thoughts will tell you the answer.)

**Disciplines for times of Upheaval, Judgment and Change**

**The Command to Be Still:**

Psalm 46:10

ESV *Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!*

HCSV *Stop your fighting—and know that I am God, exalted among the nations, exalted on the earth.*

NASB *Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth.*

**Psalm 62:1, 5-8** <sup>1</sup> *Truly my soul silently waits for God; From Him comes my salvation.* <sup>5-8</sup> *My soul, wait silently for God alone, For my expectation is from Him. He only is my rock and my salvation; He is my defense; I shall not be moved. In God is my salvation and my glory; The rock of my strength, And my refuge, is in God. Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah*

Isaiah 30:15 *For thus said the Lord God, the Holy One of Israel, "In returning and rest you shall be saved; in quietness and in trust shall be your strength." But you were unwilling*

**Habakkuk 2:20** *But the Lord is in his holy temple; let all the earth keep silence before Him.*

**Zephaniah 1:7** *Be silent before the Lord God! For the day of the Lord is near; the Lord has prepared a sacrifice and consecrated his guests.*

**Zechariah 2:13** *Be silent, all flesh, before the Lord, for he has roused himself from his holy dwelling*

### **And to Know that I am God!**

**Habakkuk 1:5** *Look among the nations, and see; wonder and be astounded. For I am doing a work in your days that you would not believe if told. (Quoted in Acts 13:41.)*

**Isaiah 45:5-7** *I am the Lord, and there is no other, besides me there is no God; I equip you, though you do not know me, that people may know, from the rising of the sun and from the west, that there is none besides me; I am the Lord, and there is no other. I form light and create darkness; I make well-being and create calamity; I am the Lord, who does all these things.*

**Isaiah 46:8-11** *Remember this and stand firm, recall it to mind, you transgressors, remember the former things of old; for I am God, and there is no other; I am God, and there is none like me, declaring the end from the beginning and from ancient times things not yet done, saying, 'My counsel shall stand, and I will accomplish all my purpose,' calling a bird of prey from the east, the man of my counsel from a far country. I have spoken, and I will bring it to pass; I have purposed, and I will do it.*

**Job 42:2, 5-6** <sup>2</sup> *I know that you can do all things, and that no purpose of yours can be thwarted.* <sup>5-6</sup> *I had heard of you by the hearing of the ear, but now my eye sees you; therefore I despise myself, and repent in dust and ashes."*

**Psalms 33:11** *The counsel of the Lord stands forever, the plans of his heart to all generations.*

**Psalms 47:8** *God reigns over the nations; God sits on his holy throne.*

### **Application:**

1. Be wise! Be slow to speak and quick to listen! Project ahead three years. How would you then wish you would have conducted yourself? More importantly, project yourself forward to the day we give an account (2 Corinthians 5:9-10).

**Matthew 12:36** *I tell you, on the day of judgment people will give account for every careless word they speak*

**Job 38:2** *Who is this that darkens counsel by words without knowledge?*

**James 1:19** *Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger.*

**Proverbs 10:19** *When words are many, transgression is not lacking, but whoever restrains his lips is prudent.*

**Proverbs 17:27-28** *Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding. Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent.*

**Proverbs 18:2, 6-7** *<sup>2</sup>A fool takes no pleasure in understanding, but only in expressing his opinion. <sup>6-7</sup> A fool's lips walk into a fight, and his mouth invites a beating. A fool's mouth is his ruin, and his lips are a snare to his soul.*

**Ecclesiastes 5:1-3** *Guard your steps when you go to the house of God. To draw near to listen is better than to offer the sacrifice of fools, for they do not know that they are doing evil. Be not rash with your mouth, nor let your heart be hasty to utter a word before God, for God is in heaven and you are on earth. Therefore let your words be few. For a dream comes with much business, and a fool's voice with many words.*

**Ecclesiastes 3:7** *time to tear, and a time to sew; a time to keep silence, and a time to speak*

**Ecclesiastes 10:12-14, 20** *The words of a wise man's mouth win him favor, but the lips of a fool consume him. The beginning of the words of his mouth is foolishness, and the end of his talk is evil madness. A fool multiplies words, though no man knows what is to be, and who can tell him what will be after him? <sup>20</sup> Even in your thoughts, do not curse the king, nor in your bedroom curse the rich, for a bird of the air will carry your voice, or some winged creature tell the matter.*

2. Quiet times of fellowship with Jesus and intentional rest from activity.

*Mark 6:30-31 The apostles returned to Jesus and told him all that they had done and taught. 31 And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat.*

3. Decrease social media, news media and other assorted distractions (noise) and increase Bible reading (never any fake news there!). Increase your intake of great books such as *Trusting God* (Bridges), *Knowledge of the Holy* (Tozer), *Holiness* (JC Ryle) as well as sermons by trusted pastors/teachers.

4. Live "Coram Deo". To live Coram Deo is to live ones entire life in the presence of God, under the authority of God, to the Glory of God. To live in the presence of God is to understand that whatever we are doing and wherever we are doing it, we are acting under the gaze of God. God is Omnipresent. (R.C. Sproul – Ligonier Ministries)

Stilled now be every anxious care; See God's great goodness  
everywhere; Leave all to Him in perfect rest; He will do all things  
for the best. From the German – Keep a Quiet Heart, Elizabeth Elliott

**Lamentations 3:24-27** *The Lord is my portion," says my soul, "therefore I will hope in him." The Lord is good to those who wait for him, to the soul who seeks him. It is good that one should wait quietly for the salvation of the Lord.*

Be still, my soul, The Lord is on thy side  
Bear patiently, the cross of grief or pain  
Leave to thy God, to order and provide  
In every change, He faithful will remain  
Be still, my soul, thy best thy heavenly friend  
Through thorny ways, leads to a joyful end

Be still, my soul, thy God doth undertake  
To guide the future as He has the past  
Thy hope, thy confidence, let nothing shake  
All now mysterious shall be bright at last  
Be still, my soul, the waves and wind still know  
His voice who ruled them while He dwelt below

In You I rest, in You I found my hope  
In You I trust, You never let me go  
I place my life within Your hands alone  
Be still, my soul

Be still, my soul, the hour is hastening on  
When we shall be forever with the Lord  
When disappointment, grief and fear are gone  
Sorrow forgot, love's purest joys restored  
Be still, my soul, when change and tears are past  
All safe and blessed, we shall meet at last

In You I rest, in You I found my hope  
In You I trust, You never let me go  
I place my life within Your hands alone  
Be still, my soul

In You I rest, in You I found my hope  
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