

Hope in Uncertain Times by Nigel Coles Part 1: We All Need Hope

Psalm 46

God is our refuge and strength, an ever-present help in trouble.

² Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, ³ though its waters roar and foam and the mountains quake with their surging. ⁴ There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

⁵ God is within her, she will not fall; God will help her at break of day.

⁶ Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

⁷ The Lord Almighty is with us; the God of Jacob is our fortress.

⁸ Come and see what the Lord has done, the desolations he has brought on the earth. ⁹ He makes wars cease to the ends of the earth.

He breaks the bow and shatters the spear; he burns the shields^[d] with fire.

¹⁰ He says, “Be still, and know that I am God;

I will be exalted among the nations,

I will be exalted in the earth.”

¹¹ The Lord Almighty is with us; the God of Jacob is our fortress.

Lord, where are you?

Have you asked that question recently? I guess I'm not the only one, am I? In fact, if you've not asked that same question, since coronavirus became the most common word used on our news bulletins, closely followed by social distancing, then my hunch is you're the only one.

I shout the question at different times:

At times when it seems *'the earth give way and the mountains fall into the heart of the sea'* (v2). I need God's protection.

Whilst I know up here *'there is a river whose streams make glad the city of God'* (v4), I want to feel God's peace here too.

'He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire'. (v9). Yes, but what about the battle I face? I need to know your power Lord.

It's one thing singing *'God is our refuge and strength, an ever-present help in trouble'*. (v1) but right here, right now, I want to know your presence.

Jesus' first disciples asked the same question in a slightly different way: “Teacher, don't you care if we drown?”

They were in a frightening storm, in a boat, waves were breaking over the side and what is Jesus doing?

Exactly what we might think God is doing– he’s asleep.

However, Jesus *‘got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. ⁴⁰ He said to his disciples, “Why are you so afraid? Do you still have no faith?” ⁴¹ They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”*

Quiet! Be still!

Be still and know that I am God.

We all have our questions, our fears and like those early followers of Jesus, little faith. Jesus provokes a bigger question: *“Who is this? Even the wind and the waves obey him!”*

As I’ve been listening to the Lord this week the focus of these words, has been ... me.

I’ve needed to hear those words again: Be still. Know I am God.

To hear those words, I’ve needed to stop.

I’ve needed to stop in order to know he is God. Maybe you do too.

The irony is most of us can’t do as much as normal, but being frenetic and anxious is seldom so much about physical activity, as what’s going on inside of us.

Be still. Know I am God.

For many of you in church leadership these past two weeks have been pretty frantic. Or maybe you’re one of those front-line key workers, in medicine, or the food supply chain. Maybe you’re like my friend, a medical consultant, who’s part of preparing her staff for the anticipated storm. Hear these words from the Lord directly for you:

Be still and know that I am God.

Maybe you’re feeling out of your depth and the storm is threatening to sink your boat, right now.

Be still and know that I am God. Maybe we all need to stop and hear.

Guess what? Because I’ve stopped to listen, I’ve already noticed things I’ve been doing, or ways of I’ve been doing them, that when we return to our more usual rhythms of life and I don’t want to go back to.

Lord, help me to be still because I need to know you are God. Each and every day.
Thank You Lord God Almighty, you are with me and you are for me; your presence is my ultimate protection, my deepest peace and my strongest power.
In Jesus’ name. Amen.

To watch the video, go to: <https://www.thefuelcast.com/>

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