



WILLIAMS CHAPEL CHURCH
Chief Apostle Kimberly Nixon, Pastor



“Be Still”

Psalm 46:8-11 KJV

Come, behold the works of the LORD, what desolations he hath made in the earth. [9] He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire. [10] **Be still, and know that I am God:** I will be exalted among the heathen, I will be exalted in the earth. [11] The LORD of hosts is with us; the God of Jacob is our refuge. Selah.

Psalm 46:10 AMPC

Let be and be still, and know (recognize and understand) that I am God. I will be exalted among the nations! I will be exalted in the earth!

“Be still” is not passive; it is intentional restraint. Silence reveals what noise conceals. When we stop talking, we hear ourselves. When we stop reacting, we feel what we have been avoiding. Silence can be uncomfortable because it exposes inner turbulence. Yet it is in stillness that God recalibrates the soul.

“Be still” in Hebrew comes from raphah — meaning to release, to loosen your grip, to let go, to cease striving. It is not inactivity; it is surrendered strength.

“Be still” is not passive; it is intentional restraint. It is the discipline of unclenching. It is choosing not to react when your nervous system wants to defend. It is choosing not to fill silence with explanations, opinions, or spiritual noise.

Silence reveals what noise conceals. Noise numbs. Noise distracts. Noise gives the illusion of control. But silence exposes the tremor beneath the surface.

When we stop talking, we hear ourselves. When we stop reacting, we feel what we have been avoiding. When we stop striving, we recognize how tired we really are.

Stillness can feel unsafe at first. Because turbulence becomes audible. The grief we postponed. The resentment we justified. The fear we spiritualized.

But stillness is not exposure without covering. It is exposure in the presence of God. God does not ask us to be still so He can judge us. He invites us to be still so He can recalibrate us.

In stillness:

- The nervous system downshifts.
- The striving slows.
- Identity detaches from performance.
- The soul remembers it is held.

Stillness is not the absence of movement; it is the restoration of alignment. And sometimes the most spiritual act of warfare is not shouting but ceasing. Because when we cease, we know; and knowing God is the anchor that quiets internal storms.