

CALM

"Pastor, it seems easier for me to find peace than to stay calm. Why is that?" Peace is a spiritual attribute that God has given us to neutralise adverse situations. It's one of the nine fruits of the Holy Spirit (Galatians 5:22); and is also something that God fills you with when your trust is in Him (Romans 15:13). Peace has to do with God entirely. Outside of God there is no real peace. However, to be calm is completely different. In Psalm 46:10 the Lord says, "**Be still and know that I am God.**" The psalmist encourages us to reflect on what God can do in the face of what we are unable to do. We are commanded to simply be still – keep calm! God does not make us still, He tells us to be still! It's our duty to respond correctly! This spiritual calm, which God insists upon, does not come from a lack of troubles; it comes from us reflecting on how many times God has caused us to triumph. What God has done in the past provides 'calm' for our future. Looking back with our focus on Him causes us to move forward in a positive and 'calm' way.

When your world is falling apart, you are told to simply be still - to keep calm, keep standing, and let God be God! If you truly "know" God you will know His works (what He has done for you), and you will not waiver in your faith. It's important to understand that you are unable to achieve anything because of who you may think you are. Even if you're the most composed, self-confident person under pressure, you will not survive all of life's challenges without divine intervention. You must 'know' this! You must know Him deeply enough to trust Him with your future. "**Shall He not also with Him freely give us all things?**" (Romans 8:32). This verse reveals the heart of God. He desires to generously and freely provide for you, in every way. The calm God is looking for is centred around intimate knowledge of Him. In other words, to be calm (be still) you must "know Him completely." It is like the union between husband and wife. It produces a calmness that is born out of love. Likewise with God!

Know that He is the Almighty God! Know it practically, spiritually, and emotionally. This is not an intellectual exercise! The fact is; He is your God, and He rules and reigns forever. No problem is too hard for God; and nothing is impossible with Him. So **keep calm!** Even when you are the last man, woman or child still standing, keep calm. "**God is our refuge and strength, an ever present help in trouble. Therefore we will not fear.**" (Psalm 46:1-2). Have you ever seen the Keep Calm images posted on Twitter and Instagram? They are very inspiration. You can find statements like: "Keep Calm and Carry On," "Keep Calm and Believe Your Dream," and "Keep Calm and Never Give Up." Knowing your God is an ever-present help in times of trouble should inspire you to write similar encouraging statements. How about, "Keep Calm and Chill?" If you truly "know God," you should always be chilled! Why? Because He is your refuge and strength, and He is 'ever-ready' to help you – no matter where, no matter what!