



## Episode 006

# Being Still Before God

## Introduction

### **Psalms 46:10 (NIV)**

“Be still, and know that I am God; I will be exalted among the nations,  
I will be exalted in the earth.”

If you desire to develop further in effective prayer, we need to learn to be still and know that He is God. This is especially so when circumstances around us are still challenging and beyond our control.

Two aspects:

## 1. Waiting on God

Discover that waiting on God in humility and faith is because of who He is (His character). Obeying His signals according to His timetable, is really where the exciting action is. It is prudent to be in sync with Him.

Sometimes we rush around without knowing the secret of waiting on God and waiting upon His direction. We will accomplish the most for Him when we learn to wait for God’s wisdom and direction.

Waiting upon God can be a place of joy. We often race through life without processing all that we are experiencing. We need to wait on God to let our hearts catch up with our actions.

God is able to do things with more efficiency than you can. The unnecessary falls away, and the very purposes and wisdom of God come forth in purity, holiness and power.





Peace dwells in the heart that is prepared to wait in trust and quietness before God who has all things safely in His hands.

God can resurrect any dream. God can use time delay for our benefit – to mature us, to purify the heart, to refine our character. So, fix your eyes upon Him and wait, knowing He is faithful. God will come through for you in His timing.

Listening to God and hearing His voice are awesome privileges and vitally important in intercession.

Listening also includes understanding what He is saying and what He means. The more we listen to Him, the more we learn to speak His language.

In prayer, we learn to wait in God's presence – to know the will of God for prayers that are on target. Being too busy is a big barrier to a strong prayer life.

### **Simple pointers to be still/what is involved?**

- a.** Believe that God does speak to you. Accept this promise with expectancy.
- b.** Find time to be alone with God. Take time to pray and listen.
- c.** Test what you hear. Ask the Lord to confirm what you think He may be saying through the Holy Spirit so that you don't confuse His revelation with an enemy thought. Check your motives.

### **1 John 4:1 (NIV)**

Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.

Check all guidance with scripture. Whatever God is saying to you will agree with His word.





- d. Keep a journal of what God says. Journaling makes it easier to evaluate guidance. Try to journal on a regular basis. Seek Confirmation.
- e. Obey God. We must be willing to act on what God has told us. When we obey God, there is blessing.

## 2. Soaking in God's Presence

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Soaking is the listening part of our conversation with Him. It's laying aside time to be still and receive from Him.

Soaking in God's presence is drenching ourselves with God, being with Him, letting Him enter our entire life, and saturating ourselves with His presence through stillness, rest and worship. A wonderful transformation occurs as we do this.

Those who practice soaking prayer find joy in their lives. It's a good time to lay your burdens at the feet of Jesus. It's a time to find rest for your soul – to be still and know that He is God.

After soaking in God's presence, you will leave refreshed and full of the Holy Spirit. You will experience greater fruitfulness and others will notice the difference. Your life will be transformed. You are learning a new dimension of walking in His Spirit, instead of striving in your own strength to achieve things for God. His strength will be flowing through you.

You can find some good Christian instrumental music on Youtube to help you soak in God's Presence ([DappyTKeys](#)).





## Discussion Questions

1. As you listened to this podcast, what is one thing that God may be drawing your attention towards?
2. How have you found waiting upon God? What are some wonderful impacts upon your spiritual life as you learnt to wait upon God?
3. Share one or two testimonies as a consequence of spending quality time soaking in God's presence.





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