

**Wildwood Baptist Church**

February 26, 2012

**“Shhh. . .Be Still”**

**Today’s Scripture References:**

Psalms 46: 1-3	Matthew 11: 28 & 29
Psalms 46: 4	John 6: 35
Psalms 46: 10	Revelation 21: 6

1. God IS our **refuge**.
2. God IS our **strength**.
3. God IS our ever-present **help**.

Our response: “Therefore, we will not **fear**.”

Unmanaged stress may cause:

- high blood pressure
- irregular heart rhythms
- damaged arteries
- higher cholesterol levels
- The development and progression of coronary artery disease (atherosclerosis).
- a weakened immune system

A river offers:

- **Protection**
- **Guidance**
- **Sustenance**
- **Energy**
- **Peace**

To “Know” God in the Old Testament means:

- to Perceive      – to Learn      – to Understand
- to Recognize    – to Believe      – to Accept His Claims
- to Conform      – to Be Willing    – to Perform or Live
- to Obey          – to See or Experience

To “Know” God in the New Testament means:

- to Believe & Accept Jesus      – to Know Truth
- to Know Jesus is to Know God    – to Respond by Faith

God’s promise: I will offer you **rest**.

Our response: And we will help others **know** Him.

