

## Sunday – January 19 – Lake Murray Church – 10:30 am

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“Be still and know that I am God” (Psalm 46:10). These words can be a summons for the enemy to surrender, or a balm of peace for a troubled child of God. Either way, the power of this phrase lies in the fact that these are God’s own words: “Be still and know that I am God.” This is a supernatural invitation open to all.

The very power of this invitation is that we can know God. A blessing is promised through the miracle of a humble and submitted relationship with God. It is in a living relationship with God that we can have the power and grace of the miracle of God’s blessing. To be still is to be able to surrender to God and put our trust in him.

Jesus was in a boat on the Sea of Galilee with his disciples. As Jesus was sleeping at the back of the boat a fierce storm arose. The disciples were upset that Jesus didn’t care if they were all going to drown. Jesus got up and rebuked the storm and there was a great calm. The disciples marveled and said, “Who is this that even the wind and the waves obey him?” We may be tempted to think just like the disciples: “Doesn’t Jesus even care about what I am going through?” As we humble ourselves and bow before God’s Word we will be encouraged in many miraculous ways. Psalm 46:10 will rise up in our hearts: “Be still and know that I am God.”

◆ Share the blessing – Bring a friend ◆

◆ Sunday school for children and adults from 9:30 am to 10:15 am ◆

◆ Church service starts at 10:30 am ◆

◆ King's Kids during the 10:30 am service ◆

Lake Murray Church – 5480 Lake Murray Blvd – La Mesa, CA 91942

[www.lakemurraychurch.org](http://www.lakemurraychurch.org)

[across the street from Lake Murray Café and one block from Starbucks]