



# SUNDAY SERMON

## RECAP

1 February 2026

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### Sermon Notes

**Sermon Title:** Stillness

Pastor: John Roebert

**Scripture Reading:** Psalm 46:10 (NKJV)

### Introduction

Psalm 46 is a Psalm of comfort. In verse 10 we read, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!”

This verse declares God’s sovereignty and power. When we are still, we become aware of these attributes of God. And this produces stillness inside of us.

There is so much turmoil and uncertainty in the world today. It can be overwhelming when we focus on everything that is happening. But Psalm 46:10 encourages us not to be troubled in our hearts, but to rest in God’s sovereignty.

Our God is still on the throne! And He is fulfilling His end time plans.

Our Father’s heart is for us to be still and to know that He is God.

Stillness is difficult because every fibre of our being wants to be busy. There are so many interruptions in our modern world. Mobile phones and connectivity have value, but they also hold the potential of perpetual distraction. This can result in us being so connected to everything worldwide, but lose our connection from our Source.

God is always ready to meet with us, but we aren’t always ready to meet with Him due to our preoccupations.

Pascal quote: “One of the ways in which man brings the most trouble on himself is his inability to be still.”

The Hebrew word for stillness means to slacken or relax. We can get to a place where we are so highly strung that it feels like we are going to snap. We need to let God release the tension we are holding. The moment we become still, God’s life begins to flow into us.

Psalm 46:10 (MSG)

Step out of the traffic! Take a long loving look at Me, your High God, above politics, above everything.

Often we hear God’s voice when we are lying in our beds about to fall asleep. We can hear Him because we have become still.

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Stillness restores our souls.

Psalm 23:2-3 (NKJV)

“He leads me beside the still waters. He restores my soul.”

The Lord is wanting to make things clear in our lives. When all the ‘sediment’ settles we can see God’s heart and promises clearly again. His ways are higher than ours.

Communion is a time where we can be still and know that He is God. The Lord’s supper reminds us of the finished work of the cross. We can rest in the Lord.



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