

BE STILL AND KNOW I AM GOD

Peace? Peace? There is no peace!
I am cast down and my soul
Is overwhelmed.
I look for light, but there is
Only darkness.
I grope as one blind;
My burdens weigh me down.

Trouble and anguish have overtaken me.
My song is stilled,
My joy nowhere to be found.
Gladness has fled.
My heart is broken as a potter's vessel;
Fragments strewed around.

My tears will not stop, they overflow.
Quietness and confidence flee.
I am pursued by the hosts of hell.
Adversity and affliction; my lot.

I am bowed down, despair surrounds me.
Hope is gone, defenses lowered,
The enemy stalks me for the kill,
Truly I am feeble and severely broken.

Suddenly, I hear the sound of mighty
Rushing wings.
I am lifted up, rescued from the hands,
Of the enemy.
I am delivered out of all my troubles,
For You, Lord, have heard my cries.

You are my Shield and my Buckler
And my soul is joyful in You.
I rejoice in Your Salvation.
Strength—courage return.
My heart sings out the praises of my Lord.
I shout for joy. I am glad.
For You, Lord, are the fountain of life.

I delight in Your abundance of peace as
I hear Your words speak to my heart,
“Be still, and know that I am God.”
Truly Lord, You are my Refuge
And in You, my peace is complete.

By Katie Kee