

Psalm 46:10 - "Be still, and know that I am God. I will be exalted among the nations. I will be exalted in the earth."

My head began to feel as though it were wrapped in seaweed - or at least cotton candy! I sensed the attempt of the enemy to enshroud me in a fog of confusion as I pondered the multiple responsibilities I felt called to address, both here and abroad, many of which involved strategic spiritual warfare. My heart began to pound and my mind swirled as I cried out, "Lord, help me! Give me wisdom!"

His answer came swiftly with laser-like clarity: "At ease." I actually laughed out loud! God certainly knows how to cut to the chase! He didn't deliver a sermon; He issued a command, a military order: "At ease." I googled it and learned that it means to simply stand relaxed, feet apart, with arms behind the back. Literally, to take your hands off the situation and simply stand, awaiting further orders.

"At ease" is also implied in Psalm 46:10, "Be still, and know that I am God." "Be still" is a derivative from the verb stem *rapha*, which means to let go, to release, to surrender. Amazing. The primary root *rapha* means to heal, to become fresh, to be repaired! The Lord who heals us is Jehovah Rapha!

As I cried out to God to take the burden from my back, He simply said, "At ease. Be still and know that I am God. Take your hands off and know that My Kingdom is at hand! I am the Lord who heals you. I will fight your battle and you will hold your peace as you remain still, trusting in me.

"Commit your ways to me; trust in me and I will do this. I will make your righteous reward shine like the dawn; your vindication like the noonday sun. I am the Sun of righteousness and I am rising with healing in my wings!

"Watch me - keep your eyes fixed on me - and prepare to be amazed. All of my promises are 'yes' in Christ, who has reconciled you to me through His blood. Be at ease as you stand on my promises. If I said it, I will do it. You have my Word." Amen and Amen!