



## LET GO and KNOW

### Faith, in One Word

Of all the uplifting verses in the Book of Psalms, perhaps none better expresses the essence of a true life of faith than:

Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!"  
(Ps. 46:10)

The most fascinating words here are “be still” because they are the core of trust.

**Although the translation “be still” is acceptable, it does not reveal the truth expressed in the original Hebrew.**

### Actively Let Go

In the original Hebrew of this psalm, the word is *harpu*, from the Hebrew verb *raphah* [RFH הָרַף] meaning “**to let go, to release**”. A more literal translation of *harpu* would be “*cause yourselves to let go*”. The implication here is significant.

Rather than merely being passive, ***we are instructed to actively let go in order to know that God is in control*** and to objectively know the saving power of God in our lives. (From Israel Institute of Biblical Studies)

Now we can use this **LET GO AND KNOW** in our present difficult days of a worldwide pandemic which has removed our everyday hustle and bustle and has forced us to stop and let go of the many false gods we have been trusting in such as money, sports, entertainment, work, stock market, government, SELF etc.... The list is long; but a sovereign God has shut all these small “g” gods down across the planet.

We now are forced to slow down! He is forcing us to *be still*; to **LET GO**; to *leave off our own attempts to control* and to **KNOW** that He, **GOD**, is in control!

Now is a time for self-examination to see what we truly have been trusting in! Are we in control of our lives? Or, is the Lord Jesus Christ sovereign in our life? Have we really used this lockdown to enhance our relationship with Christ? Or, are we doing the same old, same old...

We all have been given a chance to slow down and examine our lives and our walk with Christ. Have we taken a look to see if we have been in the faith?

Test yourselves *to see if you are in the faith; examine yourselves!*  
Or do you not recognize this about yourselves, that Jesus Christ is in you --  
unless indeed you fail the test?  
(2 Corinthians 13:5)

