

## BE STILL

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It has become common these days to see the British WW2 vintage poster, “Keep calm and carry on.” There is an interesting history behind it. Creative people also enjoy coming up with variations on the poster for example, “Keep calm and eat cookies.” However, the thought should be a beacon for Christians, when we are surrounded with stress-producing circumstances. Remembering God is always in control, we can keep calm and carry on.



Imagine being responsible for other people’s lives every day. George Dempsey was. He was under tremendous stress as the chief of an aircraft maintenance crew on a Navy carrier during the Vietnam war. Every time one of the aircraft left the carrier, there was the danger that the plane and its crew might not make it back safely. George knew they might be shot down, and he could do nothing about that. But he was determined that no plane he touched could ever go down due to mechanical reasons.

Today, George has the satisfaction of knowing that he never lost a plane nor a man. But that kind of performance came at the price of bearing the stress of such a heavy responsibility. George said that his source of stability during that time was the faith he found in the knowledge of God’s presence, and he found that knowledge in Psalm 46.

There’s a lot of stress going around these days, too. There are many reasons for anxiety and fear, or even panic. But we who trust in the Lord Jesus Christ have cause for peace and calm. He who calmed the stormy sea can still our anxious hearts when we slow down and remind ourselves that he is present with us, that he loves us and that he is in control.

***God is our refuge and strength,  
a very present help in trouble.***

*Therefore we will not fear  
though the earth gives way,  
though the mountains be moved into the heart of the sea...*

***“Be still, and know that I am God.”***

*Psalm 46:2, 10*