

Stillness: The Recuperative Power and Cleansing of Being Quiet

Bishop Ron Libby

Notes

A word of Caution from Bishop Libby:

It would be impossible to ingest all of the nuggets, gems and jewels contained in this effort within the time that is allotted to us.

Therefore, I charge you to go home after this seminar and continue to repeatedly study this content. It is the way I believe God will help you ingest it all.

I have been working on this session for a good while now, and in my own life, I have been incessantly digging into this subject. It has changed me. However, I have not gotten to the bottom of the well yet. Let's attempt to do it together. Thank you for coming to the seminar; and let's be "still".

I dedicate this to the jewel of my life, Linda Libby.

He Leadeth Me Beside the Still Waters

Psalm 23 (KJV)

"The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. ³ He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. ⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. ⁵ Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. ⁶ Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever."

Psalm 23 (AMP)

The LORD is my Shepherd [to feed, to guide and to shield me], I shall not want. ² He lets me lie down in green pastures; He leads me beside the still *and* quiet waters. ³ He refreshes *and* restores my soul (life); He leads me in the paths of righteousness for His name's sake. ⁴ Even though I walk through the [sunless] [a]valley of the shadow of death, I fear no evil, for You are with me; Your rod [to protect] and Your staff [to guide], they comfort *and* console me. ⁵ You prepare a table before me in the presence of my enemies. You have

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anointed *and* refreshed my head with [b]oil; My cup overflows. ⁶ Surely goodness and mercy *and* unfailing love shall follow me all the days of my life, And I shall dwell forever [throughout all my days] in the house *and* in the presence of the LORD."

Richness and beauty are expressed in this psalm; particularly in the amplified version. The beauty of care, attentiveness and watchfulness in this passage is an excellent depiction of how Jesus cares for us and tells us how safe we really are. That is why we can be "still".

NLT - "... He leads me beside peaceful streams."

VOICE - "He provides me rest... beside streams of refreshing water."

Sounds good, doesn't it?

- Notice: He "leads". He does not "drag" or "push" us.

Definitions:

- Hebrew definition of "lead": To bring, carry, guide to a watering place, bring to a place of rest, to transport.
 - How does the verb "transport" apply in this context?

- Hebrew definition of "still": Repose, peace, abode, ease, quiet, resting place, comfortable.
- English definition of "still": To be free from noise or turbulence; **calm, tranquil**.

When there is an absence of tension and **nervousness**, anxiety falls away, so you can be "still"!

Stillness

1. Synonyms for "still": Deep silence, calm, **undisturbed by wind, sound, and current**.

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Exodus 14:14 (AMP)

"The Lord will fight for you while you [only need to] keep silent and remain calm."

If you cannot settle, God will not be able to work. It will be you trying to do it. As a result, you'll be grieved.

Exodus 14:14 (MSG)

"God will fight the battle for you. And you? You keep your mouths shut!"

Deep silence. What does it mean to be in "deep" silence? Reaching a place of deep silence gives us the ability to perceive God's voice. Silencing our minds and voices allows for hearing the voice of God. Sadly, most Christians never really get there because it takes discipline.

1 Kings 19:11-12 (KJV)

*"And he said, Go forth, and stand upon the mount before the Lord. And, behold, the Lord passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the Lord; but the Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake: And after the earthquake a fire; but the Lord was not in the fire: and after the fire a **still small voice.**"*

Being still is a place of retirement and withdrawal; to gather and receive input.

Lamentations 3:25-26 (NLT)

"The Lord is good to those who depend on him, to those who search for him. So it is good to wait quietly for salvation from the LORD."

Psalms 94:13 (KJV)

That thou mayest give him rest from the days of adversity, until the pit be digged for the wicked.

One of the greatest gifts God can give us is the opportunity to **rest** and repose.

Definitions:

Hebrew definition of "rest": To be quiet, to be tranquil, peace, to lie still, **to be undisturbed.**

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English definition of “undisturbed”: Not **agitated** (feeling or appearing troubled or nervous), uninterrupted.

This takes discipline. Do you have enough discipline to not get agitated???....

Discipline

Psalms 94:12-13 (AMP)

“Blessed [with wisdom and prosperity] is the man whom You discipline and instruct, O Lord, And whom You teach from Your law, that You may grant him [power to calm himself and find] peace in the days of adversity, Until the pit is dug for the wicked and ungodly.”

This is not something that just happens to you. You must put in the effort. You must seek the Lord. If you do not **seek**, you will **sink**.

2 Timothy 1:7 (NLT)

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

2 Peter 3:14 (AMP)

“So, beloved, since you are looking forward to these things, be diligent and make every effort to be found by Him [at His return] spotless, blameless, in peace [that is, inwardly calm with a sense of spiritual well-being and confidence, having lived a life of obedience to Him].”

We must not just *learn* about Stillness; we must MASTER it. Do you want to be an average Christian – or an overcoming one?

When I think about these statements, they make me think that we “carry” baggage (anxiety, worry, ...) without realizing we have them in our possession. They’ve become a part of us. Oh, I yearn to “let go” of embedded thoughts that keep me away from truly moving into stillness.

I think we are hard-wired and programmed to hold on to anxiety and have a hard time releasing it, without realizing that it CAN be “let go”. We will be able to go

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into the deeper places of being in oneness of mind and spirit with God, once we let go of anxiety and let go of "us".

What do you think about this thought?

4 steps to becoming an overcoming Christian.

1. Surrender and release yourself to God's authority daily.
2. Master your emotions – calm yourself when you get agitated. Don't let emotions control you.
3. Be perpetually joyful. Get "above" troubles and distress.
4. Seek God's peace.

2 Timothy 4:5 (AMP)

"But as for you, be clear-headed in every situation [stay calm and cool and steady], endure every hardship [without flinching], do the work of an evangelist, fulfill [the duties of] your ministry.

Anxiety is Intuitive

Entering stillness or rest is **counterintuitive**. Having anxiety and worry is insulting to God. It is an indication of a lack of faith.

Horatio G. Spafford wrote the song untitled "It Is Well With My Soul". The events that prompted the writing of this song involves Spafford's wife on a ship with their four daughters while Horatio stayed behind. The ship his family was on crashed and the only survivor of the Spafford family was Horatio's wife. He took a boat out to meet his grieving wife and on that 4-day journey, he wrote the song. Horatio was not trusting in the world but trusting in God that his soul was well.

He knew how to "rest": by coming to Jesus and letting go of anguish, anger, potential resentment and frustration. He had spiritual maturity.

Matthew 11:28 (KJV)

"Come unto me, all ye that labour and are heavy laden, and I will give you rest."

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Matthew 11:28 (AMP)

"Come to Me, all who are weary and heavily burdened [by religious rituals that provide no peace], and I will give you rest [refreshing your souls with salvation]."

Definitions:

- Greek definition of "come": **follow**, to be drawn.
- Greek definition of "labour": fatigue, to work hard, toil, wearied, (exhaustion).
- Greek definition of "heavy laden": to load up, to overburden, anxiety, spiritual anxiety, burden.
- Greek definition of "rest": **repose, exempt** (immune or spared), to refresh, take ease.

Mark 4:35-41 (AMP)

*"³⁵ On that [same] day, when evening had come, He said to them, "Let us go over to the other side [of the Sea of Galilee]." ³⁶ So leaving the crowd, they took Him with them, just as He was, in the boat. And other boats were with Him. ³⁷ And a fierce windstorm began to blow, and waves were breaking over the boat, so that it was already being swamped. ³⁸ But Jesus was in the stern, asleep [with His head] on the [sailor's leather] cushion. And they woke Him and said to Him, "Teacher, do You not care that we are about to die?" ³⁹ And He got up and [sternly] rebuked the wind and said to the sea, "**Hush, be still (muzzled)!**" And the wind died down [as if it had grown weary] and **there was [at once] a great calm [a perfect peacefulness]**. ⁴⁰ Jesus said to them, "Why are you afraid? Do you still have no faith and confidence [in Me]?" ⁴¹ They were filled with great fear, and said to each other, "Who then is this, that even the wind and the sea obey Him?"*

Did Jesus not know that they were about to sink? On the surface, He appeared as if He was oblivious about the raging storm and its effects on His disciples. Did He not know He was wet? Of course, He did. He was teaching them a lesson on dependence. A lesson about the power of fear and conversely the power of being still in the middle of the storm. Remember, fear is the antithesis of faith. (refer back to the definition of "Still").

Don't Sweat It

Ezekiel 44:17-18 (NKJV)

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"And it shall be, whenever they enter the gates of the inner court, that they shall put on linen garments; no wool shall come upon them while they minister within the gates of the inner court or within the house. They shall have linen turbans on their heads and linen trousers on their bodies; they shall not clothe themselves with anything that causes sweat"

The priests were commanded to look closely at what they *put on* and how it would affect them. What are you "putting on" that is causing you to "sweat"? Trade your wool garments for linen! Trade your anxiety for stillness!

LET GO of anxiety! **Trust** instead of sweating.

Hebrews 12:1 (KJV)

"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us..."

Put off these weights and sins. Do not sweat it! When you release the cargos of anxiety and fear, you will find true contentment.

Seeking Contentment

1 Timothy 6:6 (KJV)

"But godliness with contentment is great gain."

- Greek definition of contentment: A perfect condition of life in which no aid or support is needed; a mind contented with its lot;
- English definition of contentment: feeling or showing **satisfaction** with one's possessions, status, or situation.

How content are you in life? Everyone has things in their life that they wish were not there, however, we must get past our discontentment. We are not in heaven yet! You will never be in a perfect place until you get to the perfect place. Quit grumbling, even if it's just in your mind.

1 Timothy 6:6 (AMP)

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"But godliness actually is a source of great gain when accompanied by contentment [that contentment which comes from a sense of inner confidence based on the sufficiency of God]."

Stillness and Our Awareness of God

Psalm 46:10 (KJV)

"Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."

- Hebrew definition of "know": To be **aware**.
The Bible says to "be still and know". If you cannot get still, you will not "know" or be "aware".

Be aware of what? Aware of God's **presence**. Unfortunately, we are often so preoccupied with our daily activities that we miss out on what God has for us in the Spirit. However, it is possible for us to have "dual consciousness": to be conscious of both the physical and spiritual worlds at the same time. Stillness is what facilitates our consciousness and enables us to experience God in any given moment, at any given time and wherever we find ourselves. In walking in stillness, you will walk with God.

Walking with God in Stillness

Galatians 5:25 (KJV)

"If we live in the Spirit, let us also walk in the Spirit"

God can speak to us very easily when we are still. Throughout the day, God will **prompt** you to do for or say something to co-workers, family, friends, and even strangers.

Psalms 24:7 (KJV)

"Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in."

We can "lift up" and be "aware" not only of our natural surroundings, but also our **spiritual** surroundings when we walk in Stillness.

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The Power of Transcendence

Psalm 61:2 (KJV)

"From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I."

- English definition of "transcendence": exceeding existence or experience beyond the normal or physical level; to rise above or go beyond the limits of.

As Christians, we can go beyond the **limitations** of our natural, human circumstance while others cannot.

Jesus Himself modeled this for us:

John 3:13 (KJV)

"And no man hath ascended to heaven, but he that came down from heaven, even the Son of man which is in heaven."

Who is speaking? **Jesus**

Where is He speaking from? **From the Earth**

Ephesians 2:1-6 (KJV)

"And you hath he quickened, who were dead in trespasses and sins; Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience: Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others. But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) And hath raised us up together, and made us sit together in heavenly places in Christ Jesus:"

That's where we are right now – **heavenly places**.

When you feel God's Spirit, you can enjoy both **heaven** and **earth**. As we grow our capacity to receive from God, we will experience more of God's peace and joy. You will start to recognize that you are seated in "heavenly places". Not

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fully; because we still have this body. When we are freed from the body, we will then sit with Jesus fully.

John 14:27 (AMP)

"Peace I leave with you; My [perfect] peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be afraid. [Let My perfect peace calm you in every circumstance and give you courage and strength for every challenge.]"

This is a journey – not an event.

We can spend the rest of our lives working on this discipline of becoming still.

Imagine...

Where could we go?

What could we experience?

Who could we impact?

Who could we become?

It's all up to you.