

# *Relax: Father Has Everything Under Control*



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*Be still, and know that I am God* (Psalm 46:10).

**T**hough it's hard to understand from our vantage point, *Father has a plan.*

Do you sometimes feel that your life is tossed to-and-fro and that you have reached a dead end? That the walls are slowly closing in on you? That the water is steadily rising?

No need to worry: there is never a single moment that you are not in His care, all of the time – and all in *His* time.

Sometimes when we are so busy and rushing around we tend to think that we're somehow in control of things. It's then that we need to be still long enough to remember just Who God is.

*Be still, and know that I am God* (Psalm 46:10).

The Hebrew word translated “still” in the *King James Version* is רָפַח (râphâh). It comes from the primitive root meaning *slacken*<sup>1</sup> and carries the meaning of relax, to let go, to show oneself slack.<sup>2</sup>

*Slacken and know that I am God* (Psalm 46:10).

1. James Strong, *Strong's Exhaustive Concordance* (H7503).  
2. Brown, Driver, Briggs *Hebrew Lexicon*.

The *American Heritage Dictionary* defines slacken as:

1. To make or become slower; slow down: *The runners slackened their pace. Air speed slackened.*
2. To make or become less tense, taut, or firm; loosen: *I slackened the line to let the fish swim. The tension in the board room finally slackened.*
3. To make or become less vigorous, intense, or severe; ease: *slacken discipline; afraid that morale might slacken.*

Beyond simply being still, the word is used to “express the idea of leaving matters with God, or of being without anxiety about the issue ... In this place the word seems to be used as meaning that there was to be no anxiety; that there was to be a calm, confiding, trustful state of mind in view of the displays of the divine presence and power.”<sup>3</sup>

Based on this meaning, note how other versions have translated râphâh:

**Slacken** and know that I – Elohim ... (Exegesis).

**Let loose** and know that I am Elohim ... (Dabhar).

**Relax** and know that I am Elohim ... (Concordant).

Breaking down this part of the verse, let's consider three points.

### **Relax**

**Relax** and know that I am Elohim.

There is a call for relaxation. Give yourself some slack; lighten up, as all matters belong to God.

He has a definite plan and purpose, and even our trials and failures are a part of His plan for us. He is teaching us *to trust Him – no matter what!*

### **Know**

Relax and **know** that I am Elohim.

If we could just really *know* Him! Here is the root of all of our discontentment, frustration, anxiety and regret. We don't *know* Him – and we certainly don't know Him *as God*.

### **I am Elohim**

Relax and know that **I am Elohim**.

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3. *Albert Barns' Notes on the Bible.*

**El** is the root word for **Elohim**. **Elohim** is the active, creative form of **El**. It is the placing of His omnipotence as Creator into operation with His creation.

God is the **El** of Scripture. The word *God* is a translation of *El* (אֱלֹהִים) from the Hebrew and *Theos* (θεός) from the Greek. The first means “Subjector,” the latter, “Placer.” God has placed everything in His universe where it belongs – even the things and people in your life – and He subjects everything in His universe, and in your life, to whatever circumstances that His wisdom and love decree, even to the smallest details.

Not only do we need to slow down and reflect on Who God really is, but we need to slacken – to relax and rest – in Him, since He has *everything* under control. We who have been blessed with this grand awareness are truly rich beyond the ledger of earthly wealth.

*For us, who love God, who are the called according to His purpose, there is an awareness that He is working all together for good. (Romans 8:28).*

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Taken from the *Bible Student's Notebook*<sup>™</sup>, a weekly Bible study publication available in two formats (electronic and printed)

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