

**Be Still**  
**Mike Baird – Cooper Mt Ward Conference**  
**September 12, 2004**

## **Introduction**

### ***The "Helter skelter" life***

- Do you sometimes (always) feel like your life is "helter skelter"?
  - Come up for a big breath of air and plunge on to the next task
    - soccer game, piano lesson, work, mutual, school, seminary, band practice, football practice
  - Continually stirred up
- Gordon B Hinckley:  
"The world is so noisy. There are voices everywhere trying to influence us.... Our lives are so busy. We run from one thing to another. We wear ourselves out with our studies and our social lives and our pursuit of money."  
("Way to Be", Pg 103-104)
- Lord says:
  - Psalms 46:10  
"Be still, and know that I am God"

## **What does it mean to be still?**

- Gordon B Hinckley:  
"We all need time to think. We need to drown out the clamor and noise and simply be quite. **We need time to ponder and meditate, and to contemplate the deeper things of life.** We need time to read and immerse ourselves in the thoughts of great minds.... We need to spend time out in nature where we can think and breathe deeply and feel the earth and listen to the sounds of the ocean or the woods or the mountains." ("Way to Be", Pg 103-104)

### ***What comes from "being still"***

- Peace
- Revelation
  - Literally "know that I am God"
    - Another meaning in a minute
  - Answers
- Balance
- Perspective
- I took two significant opportunities this week to explicitly be still
  - Temple
  - Backpack trip
    - I find peace and revelation in the mountains
    - Nancy: "You look different, more alive or rested, not so rundown"
  - I have places at home for when I can't get out

### **What do we do - Ponder**

- Gordon B Hinckley:  
"We need time to ponder and meditate, and to contemplate the deeper things of life." ("Way to Be", Pg 103-104)
  - Spirit will come
    - Peace
    - Revelation

### ***Nephi***

- 1 Nephi 11:1  
"as I sat *pondering in mine heart* I was caught away in the Spirit of the Lord"
- 2 Nephi 4:15-16  
"And upon these I write the things of my soul, and many of the scriptures which are engraven upon the plates of brass. For my soul delighteth in the scriptures, and my heart pondereth them, and writeth them for the learning and the profit of my children. Behold, my soul delighteth in the things of the Lord; and *my heart pondereth continually upon the things which I have seen and heard.*"

## **Joseph F Smith**

- D&C 138:1,  
"On the third of October, in the year nineteen hundred and eighteen, I sat in my room pondering over the scriptures...  
As I pondered over these things which are written, the eyes of my understanding were opened, and the Spirit of the Lord rested upon me"

## **Testify**

### **What do we do - Temple & Pray**

- 1 Nephi 18:3  
"And I, Nephi, did go into the mount oft, and I did pray oft unto the Lord; wherefore the Lord showed unto me great things"
  - I was there this week
  - Testify - it is a place of revelation & peace
  - It is a place to "Be Still"

## **Testify**

### **Stand Still and see the salvation of the Lord**

- Another meaning to "be still"
  - Not "helter skelter"
  - "gloom, despair, agony, hurt"
    - These things stir up our lives
- December 1833 – Prophet in Kirtland – Saints in Missouri suffering great persecution
  - D&C 101 – background
  - Read heading for Section 101
  - What was the Lord's counsel?
    - D&C 101:11-16  
"for all flesh is in mine hands; be still and know that I am God"
- Exodus 14:13  
"And Moses said unto the people, Fear ye not, stand still, and see the salvation of the LORD"
- We are in His hands
  - Turn to Him
  - Trust in Him
  - "Be still and see the salvation of the Lord"

## "The Lord fainteth not"

- Isaiah 40:28-31

" Hast thou not known? Hast thou not heard that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding.

He giveth power to the faint; and to them that have no might he increaseth strength.

Even the youths shall faint and be weary, and the young men shall utterly fall:

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

**Testify**