

King David faced constant dangers, enemy attacks, and betrayals. He had a lot of reasons to live worried, afraid, and panicked, but he gives us a secret to live above today's noise - the bad news, the economic rumours, the divisiveness, our own worries. King David said: "I have calmed and quieted my soul."

On a regular basis, you need to quiet your soul. Still your emotions. Come back to a place of peace. That is a powerful place. When the battle is all around you, thoughts from the enemy tell you to panic, to worry and be afraid. That is when you need to take charge and quiet your soul. The enemy would love for you to live noisy and troubled, but the Scripture says: "Be still and know that I am God." This infers that if you are not still, if you don't quiet your soul, you are not going to know He is God. You are not going to feel His presence and see His goodness as you should. The real battle is taking place in your mind. You need to make this decision: "I am quieting my soul. I will not fear."

Psalm 131:2 "Surely I have calmed and quieted my soul, like a weaned child with his mother; like a weaned child is my soul within me."