



**How You Can Be Still In His Presence**  
**The Pursuit of His Presence Sermon Series (Part 1) – Stillness**  
**Sunday Sermon, May 10, 2026 – Sermon Outline**

How do we experience the presence of God every day of our lives – especially in the busyness that we are in, Monday to Friday, the challenges, the ups-and-downs we face in daily life? Is it even possible? Or is the presence of God something we only experience on Sundays when we worship together or in some special prayer gatherings or perhaps occasionally in our personal time of prayer.

There was a man who lived in the 1600's, Nicholas Herman famously known as Brother Lawrence, who lived in Lorraine, France. Here is something he said: *That he was more united to GOD in his outward employments, than when he left them for devotion in retirement...* "The time of business," said he, "does not with me differ from the time of prayer; and in the noise and clutter of my kitchen, while several persons are at the same time calling for different things, I possess GOD in as great tranquillity as if I were upon my knees at the Blessed Sacrament."

This means that it is possible to experience the presence of God at all times, just as much as we do, in sacred moments of intense worship. The question is how?

This is what we will explore and journey into in our sermons starting today and over the next few weeks. Much of this comes as a reminder to many of us. And may our daily continued experience of His presence be rekindled and brought to new levels.

We begin first by understanding the importance of being still and practicing stillness in God's presence. We want to learn how we can be still in His presence.

## **BEING STILL**

### **Psalm 46:10-11**

**10 Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!**

**11 The LORD of hosts is with us; The God of Jacob is our refuge. Selah**

***Be still*** = to be quiet, to let drop, to let go, abandon, to release, to relax, refrain, to drop one's hands, to cease striving, to stop fighting, etc. **To "be still" is more than to be quiet or to be calm. It is a call to stop striving, to let go, to stop our frantic efforts and release our grip.**



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**know** = to recognize, observe, be aware. It means more than intellectual knowledge. It includes: to know by **experience**, to recognize, to acknowledge, to perceive deeply, to understand **relationally**. This is the same verb used for: covenant relationship, intimate personal knowing, experiential knowledge of God.

God is saying:

“Stop striving and recognize who I am.”

“Stop striving, release control, surrender your efforts, and come to a deep personal and experiential recognition that I am God.”

**Being still - it is our surrender before God and recognizing who God truly is.**

God will be exalted. God will be glorified. Nothing will change this outcome.

### **GOD IS WITH US. GOD IS OUR REFUGE.**

Verse 11 reminds us: **“The LORD of hosts is with us; The God of Jacob is our refuge. Selah”**

The Lord of Hosts – the God of Angel armies, the God who has hosts of angels with Him – this God is with us.

The God of Jacob – the same God who protect Jacob when he fled from Esau, the same God who protected Jacob from the cunning of Laban, the same God who kept Jacob when he had to return and face Esau again, the same God who took care of Jacob and his family in Egypt – He is our Refuge, the One who keeps and protects us.

### **SELAH**

While the exact meaning and practice of "selah" in Bible times is not very certain, from its usage in Psalms (71 times in Psalms and 3 times in Habakkuk) it likely is **a call to pause, reflect, worship, and absorb truth before moving on.**

***Be still and know that He is God. He will be exalted. He is with us. He is our Refuge. Pause. Reflect. Worship. Absorb.***

### **STILLNESS AND SILENCE**

While the Bible calls us to celebrate and praise God with great joy and exuberance, the Bible also calls us to times of silence before His presence.



### **Zechariah 2:13**

**Be silent**, all flesh, before the LORD, for He is aroused from His holy habitation!"

### **Habakkuk 2:20**

"But the LORD is in His holy temple. Let all the earth **keep silence before Him.**"

In learning to be still, we must also practice silence, silent conversation and silent communion with Him. There are times when we are in silence and continuing in silent communion – conversation and listening – with God. And there are times when we are in silence, just attentive/just listening to Him.

We must learn to practice stillness and silence in His presence. And we can do this anywhere, even in the middle of noise and physical disturbances all around us.

## **QUIETNESS AND CONFIDENCE**

### **Isaiah 30:15**

**For thus says the Lord GOD, the Holy One of Israel: "In returning and rest you shall be saved; In quietness and confidence shall be your strength." But you would not,**

It is interesting to look at the context of this verse. God is inviting His people to return to Him and rest. He assures them that "in quietness and confidence" they will have strength. But they choose their own horses and chariots instead – and faced the consequences.

We see the parallel:

Be still and know.

In quietness and confidence.

Being still – brings that quietness into our hearts.

Knowing – bring that confidence into our hearts.

This then becomes a way for us to receive our strength from God.

**Be still and know, in quietness and confidence – this is the place where we receive our strength from God.**

## **THE HINDERANCES WE FACE**

We do recognize that stillness and quietness is challenging for many of us. Our minds are often racing with anxious thoughts and concerns.



**Distractions** – When we want to be “still and know” – our mind gets distracted and wanders off on many other things.

**Pressures** – Sometimes our minds get fixed on the problems and the pressures we may be facing.

**Impatience** – We like to act. Stillness requires calm and patience.

We must intentionally bring our minds back to the Lord and **practice** being still and knowing, **practice** to rest in quietness and confidence. As we do this, over time, we are able to stay in this place of - stillness, silence, quietness, knowing and resting in confidence - easier and longer.

### THEY THAT WAIT

What happens when we “be still and know” when we are in silent conversation, in quietness and confidence, in His presence? We are made strong!

Consider these two familiar passages from Isaiah:

#### Isaiah 40:27-31

**27 Why do you say, O Jacob, And speak, O Israel: "My way is hidden from the LORD, And my just claim is passed over by my God"?**

**28 Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable.**

**29 He gives power to the weak, And to those who have no might He increases strength.**

**30 Even the youths shall faint and be weary, And the young men shall utterly fall,**

**31 But those **who wait on the LORD** Shall **renew their strength**; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.**

We are indeed, waiting on the Lord, as we are being still and recognizing Him. As we do, our inner strength is renewed.

#### Isaiah 64:1-4

**1 Oh, that You would rend the heavens! That You would come down! That the mountains might shake at Your presence—**

**2 As fire burns brushwood, As fire causes water to boil—To make Your name known to Your adversaries, That the nations may tremble at Your presence!**

**3 When You did awesome things for which we did not look, You came down, The mountains shook at Your presence.**



**4 For since the beginning of the world Men have not heard nor perceived by the ear, Nor has the eye seen any God besides You, Who acts for the one **who waits for Him.****

As we wait FOR Him, God acts on our behalf!

**Stillness is an expression of our waiting on Him and waiting for Him.**  
Both require patience, endurance and faith.

### **PRACTICING QUIETNESS AND STILLNESS IN HIS PRESENCE**

We invite each of us to practice quietness and stillness in His presence.  
Practice this at home as you take time being in His presence.

### **PRACTICING QUIETNESS AND STILLNESS IN DAILY WORK**

Also practice this through your day – as you go about everyday life and responsibilities.

One of the old Christian books that give us much insight about the presence of God, is a well-known book:

#### **The Practice of the Presence of God - The Best Rule of Holy Life Nicholas Herman of Lorraine, known as Brother Lawrence (1692)**

Brother Lawrence (c. 1614–1691), born Nicholas Herman in Lorraine, France, was a 17th-century Carmelite lay brother known for his profound spirituality of finding God in ordinary, daily tasks. A former soldier, he spent decades working in his monastery kitchen, teaching that "busy" times are no different from prayer times, famously documenting this approach in his classic work, *The Practice of the Presence of God*.

*There are two insights that stand out and perhaps summarize his practice:*

*1: Doing everything out of love for God*

*2: Conversing with God continually*

This enabled him to have constant communion with God and be established with a sense of God's presence continually - whether doing work, serving others or being in prayer.

The following are a few excerpts from that book: *The Practice of the Presence of God* (originally written in about 1666 and hence uses old English style):



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*That we should establish ourselves in a sense of GOD's Presence, by continually conversing with Him.*

*That in order to form a habit of conversing with GOD continually, and referring all we do to Him; we must at first apply to Him with some diligence: but that after a little care we should find His love inwardly excite us to it without any difficulty.*

*So, likewise, in his business in the kitchen (to which he had naturally a great aversion), having accustomed himself to do everything there for the love of GOD, and with prayer, upon all occasions, for His grace to do his work well, he had found everything easy, during the fifteen years that he had been employed there.*

*That he was more united to GOD in his outward employments, than when he left them for devotion in retirement.*

*That there needed neither art nor science for going to GOD, but only a heart resolutely determined to apply itself to nothing but Him, or for His sake, and to love Him only.*

*That in this conversation with GOD, we are also employed in praising, adoring, and loving him incessantly, for His infinite goodness and perfection.*

*That the most excellent method he had found of going to GOD, was that of doing our common business without any view of pleasing men, [Gal. i. 10; Eph. vi. 5, 6.] and (as far as we are capable) purely for the love of GOD.*

*That we ought not to be weary of doing little things for the love of GOD, who regards not the greatness of the work, but the love with which it is performed.*

*"The time of business," said he, "does not with me differ from the time of prayer; and in the noise and clutter of my kitchen, while several persons are at the same time calling for different things, I possess GOD in as great tranquillity as if I were upon my knees at the Blessed Sacrament."*

### **SUMMARY**

Practice stillness. Being still and knowing that He is God.

### **GOSPEL AND SALVATION CALL**

### **SUPERNATURAL MINISTRY TIME**



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## Minister as the Spirit leads



### LIFE GROUP STUDY GUIDE

## How You Can Be Still In His Presence The Pursuit of His Presence Sermon Series (Part 1) – Stillness

This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 1.5 to 2 hours. Each Life Group would have up to 12-15 people.

### Preparation

**Life Group Leader:** To prepare for the Life Group meeting, you can listen to the Sermon or review the Sunday Sermon notes. Please do not make your life group read through the complete sermon notes during the life group. All you need to do is have individuals read the Scriptures listed below and then open for a time of discussion, sharing and learning using the questions given below. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

### Welcome

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

### LISTEN to God's Word

Read the following Scripture references: *Psalm 46:10-11; Isaiah 30:15; Isaiah 40:27-31; Isaiah 64:1-4*

### INVESTIGATE God's Word Together

Life Group is a discussion-based, participatory meeting with everyone given the opportunity to share their learning. Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.



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*1, Do a deep dive into Psalm 46:10-11, as presented in the sermon. How can you apply this today?*

*2, How do we practice silent conversation with God and carry His presence even where things around us may be noisy and disturbing? (Zechariah 2:13; Habakkuk 2:20)*

*3, Discuss the outcomes of being still, of waiting on Him and waiting for Him (Isaiah 30:15; Isaiah 40:27-31; Isaiah 64:1-4).*

Each one can take a few (3 minutes max) to share one or two key insights and how they see themselves applying it to their specific life situations. Encourage each one to participate and share.

**FELLOWSHIP by sharing your life and spiritual journey**

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

**ENCOURAGE each other by praying and ministering to one another**

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow, bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

*1, families to be protected and strengthened*

*2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*

*3, for the BUILD TO IMPACT project - for all details to go well as we plan and build our Bible college and church facilities to serve the Lord and people.*

Close by thanking God together.



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**USEFUL RESOURCES**

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

**YOUTUBE:** <https://youtube.com/allpeopleschurchbangalore>

**WEBSITE:** <https://apcwo.org/live>

Our other websites and free resources:

**CHURCH:** <https://apcwo.org>

**FREE SERMONS:** <https://apcwo.org/resources/sermons>

**FREE BOOKS:** <https://apcwo.org/books/english>

**DAILY DEVOTIONALS:** <https://apcwo.org/resources/daily-devotional>

**JESUS CHRIST:** <https://examiningjesus.com>

**BIBLE COLLEGE:** <https://apcbiblecollege.org>

**E-LEARNING:** <https://apcbiblecollege.org/elearn>

**WEEKEND SCHOOLS:** <https://apcwo.org/ministries/weekend-schools>

**COUNSELING:** <https://chrysalislife.org>

**MUSIC:** <https://apcmusic.org>

**MINISTERS FELLOWSHIP:** <https://pamfi.org>

**CHURCH APP:** <https://apcwo.org/app>

**CHURCHES:** <https://apcwo.org/ministries/churches>

**WORLD MISSIONS:** <https://apcworldmissions.org>

**BELIEVERS BIBLE COMMENTARY:** <https://believersbiblecommentary.com>

## SERMON OUTLINE

How do we experience the presence of God every day of our lives – especially in the busyness that we are in, Monday to Friday, the challenges, the ups-and-downs we face in daily life? Is it even possible? Or is the presence of God something we only experience on Sundays when we worship together or in some special prayer gatherings or perhaps occasionally in our personal time of prayer. It is possible to experience the presence of God at all times, just as much as we do, in sacred moments of intense worship. The question is how? In this sermon we discuss practicing stillness, a key to pursuing and experiencing God's presence at all times, everywhere. This sermon includes free audio (mp3) and video of this powerful, motivational, expository teaching, free printable PDF sermon outlines, sermon notes and small group study guide with discussion questions and presentation slides. All resources (sermon PDF, sermon MP3, sermon video, sermon presentation) are free for use in personal study, small groups, Bible study prayer groups, local churches, conferences, Bible colleges, etc.

## KEYWORDS



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Be still and know, Psalm 46:10, stillness, quietness, pursuing and practicing the presence of God, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

### REFERENCES/CITATIONS

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Thayer's Greek Definitions. Published in 1886, 1889; public domain.

Strong's Hebrew and Greek Dictionaries, Strong's Exhaustive Concordance by James Strong, S.T.D., LL.D. Published in 1890; public domain.

Vine's Complete Expository Dictionary of Old and New Testament Words, © 1984, 1996, Thomas Nelson, Inc., Nashville, TN

Mounce Concise Greek-English Dictionary. Edited by William D. Mounce with Rick D. Bennett, Jr. (1993)

Word Pictures in the New Testament. Archibald Thomas Robertson. Published in 1930-1933; public domain.

Word Studies in the New Testament. Marvin R. Vincent, D.D. (1886).

Free Bible software and AI tools are also used as Bible study aids, from time to time.