



## “Be still, and know that I am God!”

Jeanine and I have been memorizing Psalm 46:1-11. What a comfort, in our crazy world, to know that without a doubt, our God is still on the throne! But verse 10 is the sure foundation, the solid, secure place, where all else rests. Not only are we to be calm but we are to remember that God is in control. He invites us to hear Him, but we are often too busy or just unwilling to listen.

Do you find yourself caught up in the rush of living until you scarcely can remember which day of the week this is? You jump out of bed in the morning, gulp down a cup of coffee and hurry to work. Then you rush home, eat dinner quickly so that you can get to an evening appointment. And then you're off to bed so that you'll be able to get up in the morning, gulp down your coffee and hurry to work again.

Maybe if we prayed like this old-time preacher, we could have a fresh perspective: *"Slow me down, Lord! Slow me down. Ease the pounding of my heart by the quieting of my mind. Steady my hurried pace with a vision of the eternal reaches of time. Slow me down, Lord! Break the tension of my nerves and muscles with the soothing music of the singing streams. Help me know the magic restoring power of sleep and faith in Thee. Slow me down, Lord! Remind me each day that the race is not always to the swift; that there is more to life than increasing its speed. Slow me down, Lord! Amen."*



He has been raised.  
—Mark 16:6

God invites us into the silence only He can provide. He knows we need a place of quiet, silent rest.

April 2019

God puts it this way in Psalm 46:10, "Be still and know that I am God..." Be still, for only then can you hear God's voice. God has not promised to spare us from difficulty. Sometimes we ask for grace to lift us above the depressing cares of life, and God sends sorrows; then we feel He hasn't answered our prayers. We ask for light to see the path ahead, but clouds and darkness come. We

ask for peace and quiet, and everything around us becomes confusion. Why is it? Because, God allows trials He knows will drive us to Himself. It's those trials that teach us that when He gives peace, no one can make trouble.

When we are weak, God doesn't say be STRONG, but be STILL. When we are still, then are we strong. The prophet Isaiah said, "...in quietness and in confidence shall be your strength..." Isaiah 30:15. But, God not only says, "Be still," He says, "Know that I am God."

The world says "Be still, be calm, meditate, develop your inner serenity." But God says, "Know that I am God." God does not say, "Be still and know a better way of life, a quiet life, a prayer life." He says, "Be still and know ME" — a personal God, who is Life Himself. As you know Him, then you will learn His grace is sufficient. The Bible says, "The everlasting God

### Mission

Freedom Ministries of the Quad Cities exists to help couples and individuals experience freedom in Christ through identifying and resolving spiritual and emotional conflicts thus strengthening, empowering and helping fulfill their relationship with Jesus Christ and others.

## Thank You

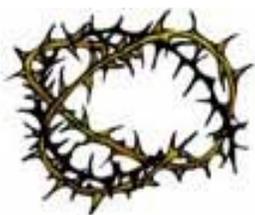
Our hearts are so grateful to all of you for your involvement in this ministry. Your prayers and gifts are much appreciated.

Let us know how we can pray for you!

is a refuge, and underneath you are his eternal arms.”  
Deuteronomy 33:27, NET

As you rush through your day, take a moment to reflect on the words of the old hymn written by Katharina von Schlegel. It still speaks to each of us:

*"Be still, my soul: the Lord is on thy side!  
Bear patiently the cross of grief or pain;  
Leave to thy God to order and provide--  
In every change He faithful will remain.  
Be still my soul: thy best, thy heavenly friend  
Through thorny ways leads to a joyful end."*



## Testimony

Thank you so much! The Lord used you folks to bring about a breakthrough in our marriage. We are experiencing a fresh work of God's grace in our lives and in our relationship. He is not done yet—please keep us in your prayers. Thank you for giving us the tools to use in our prayer life and our relationship. Praise be to God.

## Praise and Prayer

### Praise

- ◆ For a local pastor who is interested in being trained to help couples strengthen their marriages.
- ◆ For the freedom we have in this country to minister to couples and individuals who are struggling.

### Prayer

- ◆ For our schedule, that God will get the people in at the right time in His schedule, since we have a 7 month waiting list.
- ◆ For God's provision financially as well as physical, emotional, and spiritual strength to continue helping people find freedom in Christ.

## Birdies for Charity

If you have a desire to help individuals and couples find freedom in Christ, please prayerfully consider using the enclosed form to donate to Freedom Ministries of the Quad Cities. The John Deere Classic Charitable Corporation sponsors Birdies For Charity in association with the John Deere classic golf tournament, July 8—14, 2019. The goal of the program is to obtain pledges (donations) of 1 cent or more for every birdie made during the tournament by the Tour Pros.

A birdie is a score of one stroke better than par for any golf hole. Par is the normal or expected score of a golf professional on any hole. If approximately 2,000 birdies are made, the total pledge would be 1 cent = \$20, 2 cents = \$40, 3 cents = \$60. Each person who makes a pledge will have the opportunity to win some great prizes. Last year birdies totaled 2,355.

Donating through the “Birdies For Charity” event is easy and 100% of your donation, plus additional BONUS BUCKS, go directly to us. Simply fill out the enclosed pledge form, noting the number of cents for every Birdie made, your name and address and mail the left half of the form to Freedom Ministries in the enclosed envelope.

**Thank you!**



## Special Prayer Request

Our 12 year old granddaughter, Lauren, who had cancer 7 years ago has relapsed. Last September the doctors found that her cancer, Wilm's Tumor, had returned. She had 2 rounds of chemo in the fall and surgery to remove the tumor in December. She is now in the process of more chemo until early May. Please pray for her healing and God's peace for our family.

If you no longer want to receive the newsletter, please contact us. Our email address is: [freedomministries@att.net](mailto:freedomministries@att.net) or write to: Freedom Ministries, P.O. Box 953, Moline, IL 61266-0953