下面是Brian牧師的大綱：

BE STILL: WAIT UPON GOD (Ps 46:10)

--Genesis 3:1-7     Man sins

                  :8-13    Man TAKES ACTION: covers shame/hides/blame-shifts

                3:21       God provides animal skins.  WHAT were Adam/Eve doing?

                              WAITING  WATCHING  LISTENING

                              This is supposed to be our attitude/lifestyle.

--Exodus 14:10-14    The people were to stop/watch/be quiet.

                                  Says the Lord: "I rescue. I act."

--What does "wait" imply?  TRUST

                       Psalm 25:3     Those who wait will never be disgraced.  (Waiting releases GRACE)

                                  27:14   Wait

                                 37:7      Wait/be still.  HE will act.

                                 40:1-8   Wait/He acts/ He speaks/we finally understand.

--Lastly, here is the SECRET of WHY!!   Isa 40:31

                          Those who WAIT upon the Lord will EXCHANGE strength!!!

                          Do you want to live in YOUR strength or HIS strength?

--Psalm 46:10    Relax/let go/wait/trust.  He will be exalted!!!