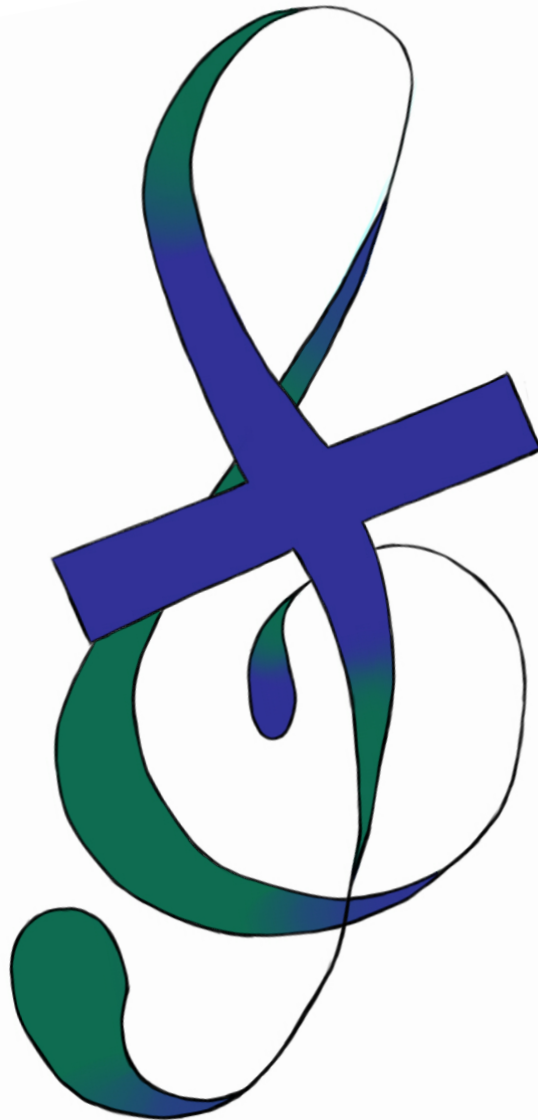


Be Still
SSAB Unaccompanied

Kierstin Bible



*Dedicated to my church family at Grace Point Church of Northwest Arkansas
Premiered at Grace Point Church on May 16, 2015.*

Text (From *Psalm 46:1-3,6-7,10*):

Be still my soul and know
God is our refuge and strength.
Our strength in fear,
Though the earth give way,
And mountains fall into the sea,
And waters roar, and foam,
With nations in uproar,
And kingdoms fall!

Be still my soul,
And know that I am God.
The Lord Almighty is with us;
The God of Jacob is our fortress.
Be still my soul.

Notes:

The opening notes of this piece were inspired by a moment in a sermon at Grace Point Church of Northwest Arkansas, when our pastor quoted Psalm 46, and reminded us to just let go of the noise of our daily lives - to “be still” in the love of the Lord.

This piece is meant to be a balm to our souls, and although it does crescendo to *fortissimo* in the middle, it should never be strident, but rather full. The beginning is very soft, but not hesitant, with the tone spinning forward into a crescendo on the word “know.”

In M. 18, the tempo can be pushed just a bit, as we crescendo into the word “fall.” It is as if we let our worries and fears overcome us for just a few measures, until the sopranos remind us with their soothing *subito pianissimo* “Be still my soul.” Each voice joins in, with a gentle swell and fall, repeating the theme, until at last all voices come together.

In mm. 35 through 41, it is as if our Creator is soothing a child after a bad dream. “It’s okay. I’m here.” In this section it is important to remain at a soft dynamic, but equally important to keep the energy and the tone moving forward. This is written as a series of *crescendo/decrescendos* (as in mm. 25 through 34), which should be seen as a very gentle wave that crests each time on the word “still.” The climax of this phrase is the word “God,” which is the most important word in the phrase and deserves our passion and energy. For this section, imagine the peace of a quiet snowfall, a still pond, or a mountain-top view. The “wave” dynamics should never jar this vision.

The *recitative* section at the end is notated rhythmically to follow the natural stresses of the words, but is *rubato* in delivery. It should be proudly but quietly declaimed: “The Lord Almighty is with us; The God of Jacob is our fortress.” And finally, the last statement of “Be still my soul” with a *decrescendo* on the last note.

Be Still

SSAB Unaccompanied

Psalm 46: 1-3, 6-7,10

Kierstin Bible

pp $\text{♩} = 75-95$

Soprano 1
Be still. Be still, still, Be still, and know

Soprano 2
pp
Be still, still, Be still, and know

Alto
pp
Still, be still, and know

Baritone
Still and know

pp For rehearsal only.

6

S 1
mp
God is our re - fuge and

A
mp
God is our re - fuge and strength. Our re - fuge and

mp

Also available for SSAA unaccompanied.

Be Still

10

S 1 *mf* strength. Our strength in fear though the earth give way *f*

S 2 *mf* Our strength in fear though the earth give way *f* and moun-tains fall, *mf* *f*

A *mf* strength. Our strength in fear though the earth give way *f* and moun-tain fall in - to the *mf* *f*

B *mf* Our strength in fear though the earth give way *f*

mf *f* *mf*

16

S 1 *mf* and moun-tains fall, *f* and wa-ters roar, and foam, with na-tions in *mf* *con moto*

S 2 *mf* and wa-ters roar, and foam, with na-tions in

A *mf* sea and wa-ters roar and foam, with na-tions in

B *f* and moun-tains fall in - to the sea. and wa-ters roar, and foam, with na-tions in *mf*

mf *f* *mf* *con moto*

Preview Only - Do Not Copy or Use.

22 *allargando* **ff** *pp* *a tempo* **p** *Staggered Breathing* **pp** **p**

S 1 up - roar and king-doms fall! Be still my soul. Be still my

S 2 up - roar and king-doms fall! Be still my

A up - roar and king-doms fall!

B up - roar and king-doms fall!

allargando **ff** *pp* *a tempo* **p** **pp** **p**

28 **pp** **p** **pp** **p** **ppp** *rit.*

S 1 soul. Be still my soul. Be still my soul. Be still my

S 2 soul. Be still my soul. Be still my soul. Be still my

A Be still my soul. Be still my soul. Be still my

B Be still my soul. Be still my

pp **p** **pp** **p** **ppp** *rit.*

Be Still

a tempo *Staggered Breathing*

34

S 1 soul. Be still. Be still. Be still and know

S 2 soul. Be still, still and know

A soul. And know

B soul.

pp *p* *p* *p* *p*

Slower Rubato - in a recitative style

39

S 1 I am God. The Lord Al-might-y is with us; The

S 2 I am God. The Lord Al-might-y is with us; The

A I am God. The Lord Al-might-y is with us; The

B I am God. The Lord Al-might-y is with us; The

pp *p* *pp* *p* *pp* *p* *pp*

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43 *pp* *p* *pp* *rit.* *p*

S 1 God of Ja - cob is our for - tress. Be still my soul.

S 2 God of Ja - cob is our for - tress. Be still my soul.

A God of Ja - cob is our for - tress. Be still my soul.

B God of Ja - cob is our for - tress. Be still my soul.

pp *p* *pp* *rit.* *p*

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