

# Be Still, part 1

*Psalm 46, NIV – “Be still and know that I am God.”*

*Be still – what does this mean and what does it look like?*

Television, radio, cell phones, laptops and other gadgets create noise and distractions – all day and all night, if we aren’t careful to silence them. It seems as if someone, or something, is always vying for our attention.

For good purpose: children’s needs, work deadlines, home chores, or habitual necessity: the dinging of a dishwasher to tell us it’s ended its cycle, the flash of a light to alert a need for gas, a calendar reminder bell from the computer.

And those calendars! Phew! Do we block out time to pray, worship or read God’s word the way we schedule appointments, meetings and practices? The honest answer is – most of us don’t.

*What does the Lord think of the attention we give Him?*

I can tell you that the good news is – He loves us anyway! He sees how hard we try. He always knows our intentions. This grace in abundance and promise of salvation is what we hang onto as Christians.

However – is a frenzied, rushed, distracted self what you really want to present to the Lord each day?

I imagine no.

And we all know that our relationship with the Lord, and our ability to minister to others, is greatly impacted by the amount of time we spend with Him.

*Danica Low is a freelance writer, wife, mother and prayerful Christian. Her writings are intended to bring light to a journey and encourage hearts for Christ.*

## Be Still, part 2

*Psalm 46, NIV – “Be still and know that I am God.”*

Let’s read more from Psalm 46. “I will be exalted among the nations, I will be exalted in the earth. The Lord Almighty is with us; the God of Jacob is our fortress.”

*And there it is.* Peace to the soul – the Lord’s words rush in and make it all s-t-i-l-l.

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way, and the mountains fall into the heart of the sea, though its waters roar and foam, and the mountains quake with their surging.”

The irony is, that the more we read God’s words, the more our souls *want* to be still.

There is a natural yearning for more and more of God’s words.

In further scriptures we are told not to worry. That God has a plan for our lives. That He loves us anyway – whatever our sin may be. That He will come again in glory. That He never leaves us.

As we allow those words to sit on our hearts, we slow down, don’t we? There is a quiet disposition in us that we may not recognize. It is God-breathed.

Let’s all be challenged to start our day with prayer before reaching for that cell phone. In the words of an Austrian Christmas lullaby: “Still, still, still...”

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