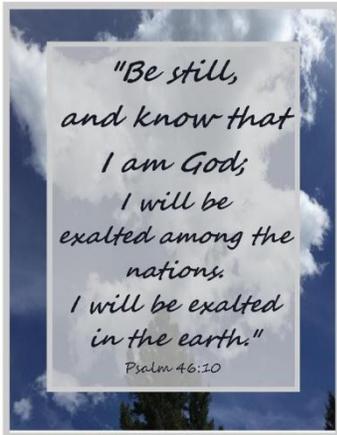


Can't You Just "Be Still"



I was standing out on the patio one morning, at the request of my HubbyMan who was going to need my help prepping the swamp cooler for summer. But HubbyMan was not coming out fast enough apparently because very quickly my mind started thinking, I should go grab that study book to read while I wait, and then my mind went on thinking, or I could go do this ... or I could do that... while I waited...

It was then that the thought came that we have gotten so good (or bad as the case may be) at multi-tasking, or just plain being busy, that we don't know how to stop and just be still!

My next thought was that I should make it a practice to just stop and do nothing each day, but I never completed the plan as my mind moved on to the next thing.

"Be still, and know that I am God;

I will be exalted among the nations.

I will be exalted in the earth."

Psalm 46:10

How do we slow down and be still when we are living in such a busy, fast-paced world? I can tell you that it takes intentionality. It doesn't usually just happen on its own. We must purpose to pause and reflect on God, and the blessing of knowing Him. He is ever faithful, always waiting for time with us, and yet, we run here and there, neglecting the One who loves us so.

As I stood on the patio awaiting my HubbyMan to appear, I seized the moment, and took some time to just Be Still, and I thought about God, and how very thankful I am for His presence. He is always present, always waiting for the moment when we will just Be Still.

Father, thank You for the reminder to be still and know that You are God, ever present, always available. Help us to be aware of You every moment. Help us not to rush so much that we miss the blessing of being with You throughout our days. Help us to remember that You are God and we are not. And thank You for Your patience and love toward us. Amen