

Being Still

In former reflections, we note our goal with the Sabbath is to do things like reconnect with our creator and remember that we are the creatures. This helps us realize we do not have to be in charge. This can be so liberating when we pause and ponder it. Psalm 46 verse 10 says, "Be still, and know that I am God! I'm exalted among the nations, and I'm exhausted in the earth."

We've heard this instruction of "being still" many times, yet what are the hurdles for you? Are you not as disciplined at stopping? I am not, but trying to. Do you need to give yourself a gift of some rest to renew?

Author and mother Kathleen Bostrom says, "Taking time to be still isn't quite the same as closing your eyes for a quick nap, although that can be a part. Being still is a spiritual gift that soothes your soul, connects you to God, and sometimes makes it possible for you to endure a stressful time... Be still. Be intentional about being still. Listen to the sounds around you. If you are in a quiet place, you might be surprised by all the sounds that surround you, sounds you might not have noticed in the noisiness of everyday life... Breathe, and listen. That's all you have to do."

You are not defined by your achievements or lack of them. We can be so caught up in the idea of the world placing value upon us, that we lose the gift from God and remembering who we are and who God is.

Let me invite you to take time to pray, "Thank you, in advance, God, for helping me be still, and to rest in your love, peace, and renewal."

Kathleen encourages us, saying, "Let your loved ones know that you take this time to be still. Being still in front of them, every now and then. Let them try it, too. Being still is a spiritual practice that we all need to do, and the sooner we learn this the better." Be the model that you want others to see which points to Jesus.