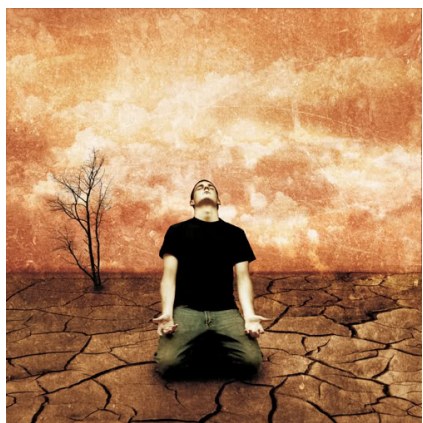


Mid-Week Devotion

Learning to Be Still

Read Psalm 46

“...be still and know that I am God.”



My morning started as it usually does; a quick prayer thanking God for a new day, a day filled with limitless possibilities. Yet, I have to admit I was already feeling a little stressed, and I wasn't even out of bed yet! You see, I was to be off on holiday next week and there were so many loose ends to tie up before I went. I said to myself, I'll just go into the office early this morning; that will give me an extra 2 hours. So I leapt out of bed like a child on Christmas morning, heading straight for the bathroom when my big toe caught the

end of the bed frame...Ouch! But I wouldn't let that stop me, although it did slow me down a bit, as now I hobbled to the bath. I reached for my contact lenses, then placing one on my finger I proceeded to insert it on my eye, only what I hadn't noticed was that in my haste the lens was not on my finger, it had fell off into the sink. As I poked and poked my finger into my eye trying to get the lens I thought was on my finger off and onto my eye, I wound up with an irritated eye; now not only was my big toe red, but my eye also. Well I finally finished, dressed, and went out to the kitchen where my granddaughter, who was getting ready for school, proceeded to ask for a ride down to the school bus stop. Ok, I replied begrudgingly, and there went another 15 minutes as I waited for her to finish her breakfast and get ready. Finally we were heading for the truck; all is not lost I can still make it into the office early I remember saying to myself. The truck started, but then it stopped. As I was trying to restart it, my eyes wandered to the gas gauge; that's right, you guessed it, empty! Now I always keep two gas cans full in the barn for the farm equipment, so I ran over to the barn only to find that both gas cans were empty; I had forgotten to refill them! Now if I didn't hurry, my granddaughter was going to miss the bus. So I ran back to the truck and told her to get into the car, and off we went to the bus stop; we made it! Of course, now I had to go back to the house, get the empty gas cans, drive into town (a mere 20 miles round trip,) fill them, and then return to fill up the truck, all before I could even start to get to the office.

Psalm 46 is often read at funerals, a time when we are looking for a way to make sense of death. Therefore, the Psalmist offers a list of how faithful God has been and still is as a means to receive comfort. However, of all the things he lists, verse 10 seems to sum it up for me, “Be still and know that I am God.” Yet I have to admit, its comfort comes not without some difficulty. The last part of the verse, knowing God is much easier than the first, being still. We claim we know God, that's easy, but this being still part is foreign to us. Our days have become so busy that being still seems to somehow make us feel guilty, as if we're being lazy. Yet, there is a reason God instructs that first we be still, and that is because unless we slow down, and even stop sometimes, we can't really live lives that declare our knowledge of God. You see, to claim to know God is to acknowledge that He is our creator and as such, He is in control. To claim to know God is to acknowledge that He doesn't need you to do anything. I know for many of us this may come as quite a surprise, but God can manage just fine all by Himself. That means that all the things you do, even the things you do for God, are never more important to Him than you are. God didn't create you to be on the go from sunup to sundown. Our doctor's offices, hospitals, and even our graveyards are full of those who haven't learned this. God created you in His image to have relationship with Him, which is always more important to Him than anything else we can ever do to fill our days.

Learning to be still is not so much an acquired skill as it is something we have to experience, as I did on that cold winter morning. When I finally rolled into my parking spot at church, instead of being 2 hours early, I was three hours behind! But to my amazement, the stress I awoke to, was now gone. This was because somewhere between stubbing my toe and the truck running out of gas, I had surrendered my plans for the day, to His, and that was all He ever wanted from me all along, and it is all He ever wants from you as well. So may the interruptions of your busy day be many, and in each one may you surrender it to God, hearing His quiet and still voice telling you, “be still...and know that I am God.”