

10/23/20



"All that matters is to be at one with the living God
To be a creature in the house of the God of Life
Like a cat asleep on a chair
At peace

In peace...."

That D.H. Lawrence quote flies directly in the face of the work ethic with which many of us were raised which tells us to be productive! Strive! Stay busy! Make something of yourself! and – NEVER WASTE TIME! So when we read Psalm 46:10 – we can find it a real challenge!!

"Be still – and know that I am God...."

Over and over the Bible tells us to "be still." Why is that???

One pastor observed: "in order to find security in God as our home, we first have to stop trying to find security in everything else." Unless we find time to put aside the hectic busy-ness of our days and let ourselves SINK INTO peace, God can get buried in the "stuff" of our lives... If we seek stillness, we relax, quiet the chatter of our mind – let go of our outer layers... and as we stop our "do-ing," our fretting, our busy-ness, we allow our souls to center in and just REST in God's presence – "at peace ... in peace ..."

It is at that point that we are ready for the second part of the verse – to "know that I am God"

Enter this link in your browser, https://www.youtube.com/watch?v=Tm70F_Q8EFE to listen to these words in song... perhaps using the following as a centering prayer:

Be still and know that I am God
Be still and know that I am
Be still and know
Be still
Be

