

"LIFE THROUGH THE LENS"



BEING STILL

In **Psalm 46:10**, God says through King David, "Be still and know that I am God".

"Knowing" someone implies a relationship from interacting with that person. While initially, we may need to take time and "be still" to begin a connection, To develop a fuller understanding of "being still" in that person's presence, we need to join with him in joint activities and not spend our time in stillness.

When I "Know" God and his love for me, I can (and should) stop worrying and "be still" – "relax" as I talk to him and plan today. Knowing God has made so many promises of support, care, and love that never stop, I can "be still" and not become agitated. Once these two things come together, the knowing God loves me, and I no longer need to worry (being still in heart and mind), I can get on with the day and enjoy it the way God had planned for me. I can use the day to show my gratitude for his caring and supporting me.

Whatever the "project" for the day, I can enjoy it the way God intended.

Relax, be still and trust his promises of "I am with you always, even to the ends of time" (**Matthew 28:20**) and "I will never leave you or forsake you ". (**Joshua 1:5.**)

What does this mean in the daily whirlwinds of life?

There is something you feel you should do, but you are not sure how to go about it. Be still, trust God, talk to him, trust He has the answer.

You want to thank God for some good you feel he has worked in your life, but you are unsure how? Be still and simply thank him.

Are family pressures building? Relax. Be still. Ask God for his advice, his strength. Accept what He places in your heart; what you feel is His answer, and go forward confident He is leading. We don't always understand where He is leading, but if we trust, we will follow and get to know him and rely on him more and more. It will become easier to "be still".

We all have our list of fears and anxieties. Many things happen in a day that quickly leads to agitated worry; waiting for a medical report, a reply to a job application, news from a child or grandchild, concerns about a spouse. The list could fill pages.

These are all genuine and legitimate concerns that impact our lives, but with daily talking to God and practising "being still" and "knowing" God personally, life can be enjoyed the way He planned. "Be still", relax in His love. You might be surprised and discover true and lasting joy.

God bless you,
Kevin.