

Be still and know

As I sat in a classroom anticipating, even dreading, the paper that would start me on the written questions that seem to be ordained by the powers to be a necessity for a degree, all my confidence fled. Sure enough as I read the questions there was no recognition of the subjects on which I had studied so long and hard. Pure panic! What to do? Fold and leave; cry; scream” no fair”?

But then a small stream of light came through. I asked for a brief leave and I went out on the balcony and looked across the beautiful green area. A still small voice “be still and know” came into my mind.

“Be still and know that I am God”, the Psalmist wrote in Psalm 46:10. When we are overcome with schedules, work, and decisions it pays to take a moment to be still. At the start of the day; during the stress of a meeting; it is wise and beneficial to stop. Be still. Refrain from vain stirrings and lack of confidence. “Be still and know that I am God”, Psalm 46:10.

Have you tried stillness today?