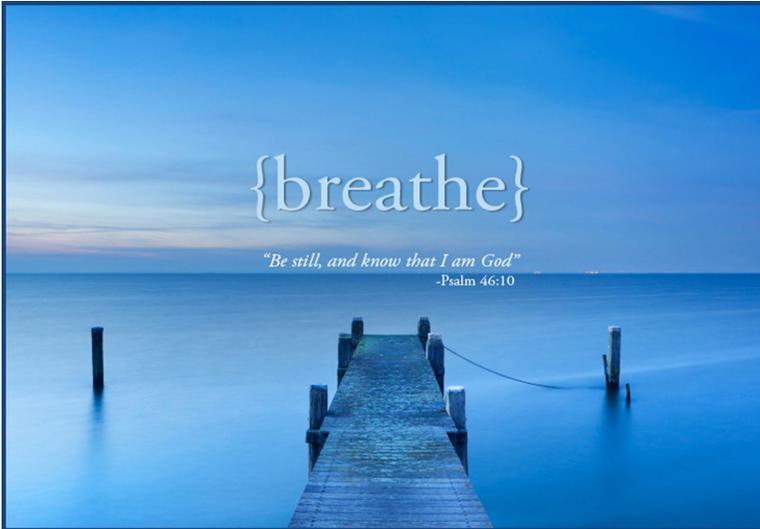


# Be Still

by Anna-Lisa Daniel

God liberates us by not making us work for His love, but by letting us rest in it. Psalms 46:10 says it best, "Be still and know that I am God.." Be still.



Now I am preaching to the choir here, I am one of the worst when it comes to actually listening to His advice. I go, go, and go until I'm so drained and exhausted that my body forces me to stop. I have to be part of everything otherwise I feel like I'm missing out. But what I'm actually missing out on is quality time with my Father. Our bodies and souls weren't made to constantly seek and do, they need time to rest. Running errands, shopping, going to the movies, etc...those are all still doing. Rest from everything, and spend time with Him. Time in His word, reading and praying. Now I'm not saying neglect your life, you still have to put in the effort to complete your responsibilities

and live your life. But this world will wear you down, the sin and the uncertainties will take a toll on your mind, body, and soul. The determination and energy you put into everything you do cannot be a substitute for the faith, trust, and confidence you need in God.

It gets hard to find the time, I get that. Between a full time job, my own business, my family, friends, and serving at church, it can be difficult to find time with Him. Just Him. Start small, wake up 10 minutes earlier, don't look through Facebook or emails, but open your bible. 10 minutes before bed, instead of watching TV, pray. You have to start somewhere, start small, it will become habit, it will become part of your daily life, and when you don't have that time you will miss it, you will notice the difference. The more you seek Him, the more you will find Him.

The more alone time I spend with Him, the clearer things become. He is the all knowing God, creator of time, He knows the past, present and future, and He never changes. He is here. He pursues us diligently, the least we can do is seek Him. He provides answers when we think there aren't any, He gives peace in times of doubt, He is there when you feel alone. He loves me, He loves each of you so much that He gave His only son. He gave the ultimate sacrifice so that we may know Him! Not only that, but He doesn't force us to. The beautiful thing about free will is, we get to choose. Everyday, we get to wake up and choose Him! Be still, trust Him. He loves you.

*2 Corinthians 12:9 "But he said to me, 'My grace is enough for you, for my power is made perfect in weakness.' So then, I will boast most gladly about my weaknesses, so that the power of Christ may reside in me."*

"Be still" translates from the Hebrew word raphah, which means to slack, let drop, be weak, or disheartened. It is in our time of weakness, in our time of need, that He is made perfect. God is commanding us to be weak, to give it all to Him, to rest and let everything else go. Be still, not in your own self-made confidence, but in the confidence of who God is. In what He has done, and what He can and will do. Know that He is God, He is YOUR God. Know it not just from an intellectual standpoint, but from your soul, from a spiritual and emotional

stillness. When you read His word and truly think about what you are reading, He is flowing into you, He is residing in you. His grace is there, He is constantly extending His grace to you, but you have to be willing to accept it. When you are still and weak, that is when you will see His grace, and that His grace has always been there. He is all the grace you need, He is all the grace I need, His grace is all I desire.

Prayer:

Heavenly Father, thank You for always being there. Even when I don't feel You, You are there, You never leave me. Thank You for the choice to choose You, and Father I choose You! I pray that You help me to seek You more, to be still in Your presence. In those times I pray that you speak to me and give me peace, give me strength, and help me to follow the path that You have for my life. Your grace is sufficient. I love You Lord! In Jesus' precious name I pray, Amen!