



# Be Still & Know That I Am God

*The icon used throughout 2011 is the anchor which is the historical Christian symbol for hope. The anchor hooks into something solid and secure but is unseen and stabilizes a ship or boat to weather the storms. Hope hooks us into the unseen God and gives us security and stability to weather the storms of life.*

Being still and being quiet are not resources that we utilize with regularity. Busyness certainly describes our life styles far more accurately. Agendas loom in our mental vision even while we would admit that quietness and peacefulness are conditions of our choice. That is a sad commentary on our way of life. We have allowed the mass stimuli of our culture to dictate the way we live. Busyness has become a mark of honor rather than a vicious black hole that sucks us into its maw.

Even church activities and religious functions have become frenzied and exhausting. Our lives slide by and we are left wondering where time has gone. We live in the wake of mediocre choices and dubious investments of our hours an

days, as if we are caught in the grasp of some alien power that cannot be challenged. We wish it were not that way.

*It doesn't have to be.* There is a way out. There are remedies for this scourge which borders on the demonic.

In order to counter this manipulative and destructive force we must invite and allow God to enter the scene. How does this work?

The Psalmist had it right. "Be still and know that I am God." That is an offer that bears tremendous potential although we treat it far too lightly. The message is simple and powerful. Pause with regularity and serious intention and give time and attention to God's presence in your life, asking for guidance, assistance and a sense of peace. I suggest this format. It is not the ultimate spiritual experience, but certainly a place to begin.

Twice a day stop what you are doing, take one minute and do the following. Take seven deep breaths and hold each briefly. With each breath offer a prayer of thanks for one of the following gifts God has given you.

- 1 **L**ife—and all that makes life worth living.
- 2 **L**ove—God's unconditional and unending love for you.
- 3 **F**aith—the connection God has established through which many gifts are funneled.
- 4 **F**orgiveness—the gift that keeps the slate clean and sets you free to live fully.
- 5 **F**amily—that support system that provides security so vital for peace.
- 6 **F**riends—the extended source of support and joy.
- 7 **O**pportunity—to serve the Holy One by helping other people.

Give it a try. Memorize the topics. You may find that 1 minute expanding into more minutes.

