“BE STILL”

How many times have parents said to an overactive child, “be still?” For the most part they wanted them to “be still” so they could accomplish something.

But there are times and places to “be still.” I am not talking about motionless. Few of us, and even children can be that way for any length of time.

There are times however, when it is better to be still than to move. When we are in worship, it is better to “be still.” There is not enough space here to go into the negatives about activity in church service.

When we are faced with a serious problem, frustration, indecision, etc. “Quiet time” is better to sort out problems we face than the noise and confusion of the world. Time for reflection, solace and introspection is necessary to deal with the challenges of life.

There are times, in the midst of turmoil and strife in our lives we need to know that God is still in charge. We need to know that the solution to things does not always depend on our own abilities.

The Psalmist says, ““Commune with your own heart upon your bed, and be still” (Psa 4:4) Again he says, “Be still, and know that I am God:” (Psa 48:10)

You will be surprised at what can be accomplished by “quiet time.”