

BE STILL

*“Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!”*

Psalm 46:10

The Power of Stillness

God is in the stillness. Silence is the language of God. Within the silence and stillness is infinity and eternity, God’s expanse of glory and creation. It is within the stillness that we can receive the answers to our prayers, solutions to our problems, clarity for our situation. Giving over to this stillness, yielding to the Holy Spirit in this silence, brings peace, strength and answers.

The Treasures of Stillness

- ◆ Heavenly Father, so many times and ways You exhort us to be still, that there are treasures of grace and restoration to be realized in the stillness.
- ◆ Psalm 37:7 confirms: *“Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!”*
- ◆ Psalm 46:10 instructs: *“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”*
- ◆ Matthew 11:28 beckons me: *“Come to me, all who labor and are heavy laden, and I will give you rest.”* There is a kind of rest and restoration that happens in the simple practice of meeting You in the stillness.
- ◆ I commit to meeting You daily, Lord God, in this sacred place, to allow for a deeper connection with You and intimacy with You; that can only be experienced in the garden of Your stillness.

BE STILL

I Surrender to Your Solutions

- ◆ Lord God Abba, Exodus 14:14 instructs me that You will fight for me, You will go before me and do the heavy lifting: *“The Lord will fight for you, and you have only to be silent.”*
- ◆ Accepting this, I give over my ego and its habits of believing I have to be always in the midst of all my situations, activities, challenges. That I am the doer; when in fact, YOU are the doer; in the silence.
- ◆ I commit to moments and practices of silence; to allow You to enter into my life in deeper ways; to allow You to take center stage and to be given credit for the solutions in my life.

My Strength is in You, the Source of Stillness

- ◆ Holy Father God, Isaiah 40:31 instructs me that I wait on You in the stillness; in the stillness do I wait on You; in the stillness do You renew my strength, reminding me that my true strength comes from You.
- ◆ *“But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”*
- ◆ I repent, Heavenly Father, for all the times and ways I overexerted, forgot to turn to You and rely on You in my needs, tried to go it alone, allowed my ego to lead the way rather than You, and relied too much on my own abilities and strength.
- ◆ I declare Psalm 91:2 to remind myself that my strength is in YOU, not me: *“I will say to the Lord, ‘My refuge and my fortress, my God, in whom I trust.’”*

My Mind Stayed on You

- ◆ Dear Heavenly Father, Your Word reminds me that when my mind is stayed on You, yoked to You in the stillness, I find perfect peace. My trust in You deepens when I meet You in the stillness. In this garden of

BE STILL

peace, I give over my anxiety and habits of worry. I give over my ego-mind habit of trying to find or create the solutions.

- ◆ For Isaiah 26:3 shares: *“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”*
- ◆ Isaiah 30:15 confirms: *“For thus said the Lord God, the Holy One of Israel, ‘In returning and rest you shall be saved; in quietness and in trust shall be your strength.’”*
- ◆ Abba Father, I commit to seeking more stillness with You. I commit to making more time in my life to meet You in the quietness, to build my inner strength and walk in sincere trust in You, always submitting to the quietude that is Your abode.
- ◆ For truly it is in this stillness that my mind is refreshed, renewed and recalibrated to YOUR mind; as Romans 12:2 declares: *“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”*
- ◆ This Sacred Scripture affirms that yielding to Your Holy Spirit in the stillness aligns and conforms me to Your Will; which is the pinnacle of a holy life in You.

I Have Quieted My Soul

- ◆ Heavenly Father, Your Word instructs me that not only can I quiet my mind in the Presence of Your stillness, I can quiet my very soul.
- ◆ For Psalm 131:2 says: *“But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.”*
- ◆ This passage tells me that I can entrain my soul to stillness. I can habituate my soul to living in the garden of Your quietude. I commit to this now, Heavenly Father.
- ◆ For Psalm 23:2 tells me that Your stillness restores my soul, bringing it back into alignment and union with You: *“He leads me beside still*

BE STILL

waters. He restores my soul.” Thank you Father God, for restoring my soul as I commune with You in the stillness of Your Being.

- ◆ *Oh Heavenly Father, I seek You in Your garden of silence. Psalm 62:5-6 expresses my yearning: “For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken.”*
- ◆ *No Lord God, I shall not be shaken in the garden of your silence, which is the fortress of my soul, the anchor for my life. Amen and thank you.*

SEALING PRAYER:

*I shall dwell in the shelter of the Most High
who abides in the shade of the Almighty,
I say to the Lord, ‘My refuge and fortress,
my God in whom I trust.’*

*He will rescue me from the fowler’s snare,
from the destroying plague,*

*He will shelter me with his pinions,
and under his wings I shall take refuge;
his faithfulness is a protecting shield.*

*I shall not fear the terror of the night
nor the arrow that flies by day,*

*Nor the pestilence that roams in darkness,
nor the plague that ravages at noon.*

*Though a thousand fall at my side,
ten thousand at my right hand,
near me it shall not come.*

*I need simply watch;
the punishment of the wicked I will see.*

BE STILL

*Because I have the Lord for my refuge
and have made the Most High my stronghold,*

*No evil shall befall me,
no affliction come near my tent.*

*For he commands his angels with regard to me,
to guard me wherever I go.*

Amen.

Psalm 91:1-11