

Be Still and Know

If you're like me you're busy. I've got a family going back to school this Fall, a profession that I'm passionate about, healthy habits I try to maintain (or not!) and so consequently the days are full. It also doesn't help that we live in a culture that expects instant availability, through various means, at whatever time. Phew! And I know I am not alone in this experience. That we get upset if our hot meal delivered through a window while sitting in a car took longer than 10 minutes causes us frustration, reveals our hasty bias. Our ancestors would be astonished. Spiritually, they would remind us of an important lesson: be still and know.

To "be still and know" comes from the often read, Psalm forty-six. It is a Psalm intended to comfort those in trying circumstances by reminding them that God is their refuge and strength. I regularly read this when visiting people in the hospital or at funerals. But isn't just for the sick and grieving! We all need comfort because life itself is a trying endeavour. Especially, if you find yourself on the proverbial hamster wheel in a wave of anxiety. Time to slow down says the Psalmist. Time to intentionally carve out space in your schedule, even if it is busy, particularly if it is busy, to just be still and breath. As spiritual beings, your wellness depends on it.

This lesson cuts deeper. The Psalm closes off with these words, "Be still, and know *that I am God.*" (verse 10). You see the reason for the comfort in the eyes of the Psalmist is found in its overall theme – God's ability to protect and safeguard his people. By extension, we are asked to be still and remember *God*. That God is control, so we don't have to be. As people, we tend to forget this spiritually helpful truth. We might even question it, reject it, or try to become our own protector through human strength and intelligence. But there is another way and it is where spiritual fulfillment can be experienced. All major world religions would agree that our need to stop, to meditate, and to just breath while simply trusting in God for our protection and safeguard is critical. In the Christian tradition the promise is that when we do, God through faith in Christ, offers transcendent peace in the midst of chaos and difficulties that surround (Phil. 4:7).

Our life issues can cause great anxiety. Our life schedules can cause great panic. Our routines have a way, even unintentionally, of causing us to think that we are alone and only we can do things through our own strength. That we are totally helpless and at the mercy of that hamster wheel. Personally, I don't believe we have to be. God

is our helper. God is our stronghold. If you're too busy and getting no where, maybe it's time to try a different approach. Be still and know.