

June 17, 2002



“BE STILL AND KNOW THAT I AM GOD” (Psalm 46:10)

This is a very familiar quote for me because, when I feel rushed or pressured, I hear God saying “Stop, Loretta, slow down, be still and know that I am God”.

In this verse, God is inviting us to let go of our **busyness** and to abandon our worries. In place of our flurry of activity, both physical and emotional, we are to **rest** in the knowledge that God is God, that **He is in control over our lives**.

Unfortunately, we are not wired for stillness and knowing that God is God. When we face challenges or setbacks, we need to hear the call of God to **stillness** in the knowledge that he is God, and **we are not**.

So, when you feel pressured, are worried or concerned about something in your **family** or at **St. Mary’s Hospital**, it’s time to **stop what you are doing**, (minute break) and **allow** God’s peace to dispel all your anxieties and then **listen** as God calls **your name** and whispers: **“Be still and know that I am God.”**

It’s important to **schedule times** for **inner stillness** so that our heart, mind, and emotions can experience a “time-out” from **mind activity**. Stillness allow us to step back and reflect and make room for **gratitude** and **happiness**. So, let us pray:

Thank you, gracious God, for this verse from Psalm 46 **“Be still and know that I am God.”** You know how much I need it. You know my ways, how easily I can rush about in anything but stillness, trying to solve the problems of my life. And if there’s nothing I can do actively, I worry.

Help me, dear Lord, to let go of my need to control, of my worries, of my fears. Help me to drop my tendency to try and do it all myself, as if I were God. Instead, may I learn to be quiet enough to know that **you are God**, that you are gracious and good, that you are in charge. May I rest in your strength, and thus be still. *Amen.*



A suggestion: Copy this prayer or just write the words: **“Be still and know that I am God”** on a paper and carry it with you. Do this for a week and see what a difference it makes in your life.