

Be still, and know that I am God - Psalm 46 v10

A thought from John McMillan

I was sitting in our garden a few days ago. I could feel the warmth of the sun on my face. After a while, I began to notice different birds coming to the bird feeder, they usually fly off when someone is in the garden, but being still made all the difference.

I began to notice other things, Bees, Butterflies and different types of insects. As I was watching all these living things, I was reminded of the verse from Psalm 46, Be still and know that I am God.

It was only because I was still that our garden became alive.

Our lives are so full of activity that often God is pushed out from the centre of our lives to the edges. We do not do this deliberately, it just seems to happen.

How can we be still and know God, firstly it takes time, we need to slow down and prepare ourselves before entering into our daily time with God. Here is one way of slowing down.

Start by getting into a comfortable position. Once you are comfortable, begin to take slow, deep breaths. Breathe in enough air to expand your chest. Breathe in through your nose and out through your mouth. As you continue taking slow, deep breaths, allow your mind to slow down, letting go of thoughts and worries. Release the tension of your body. Let the stress flow from your muscles. Allow your body to relax.

Continue taking slow, deep breaths in through your nose and out through your mouth as you imagine that God is breathing life, love and peace into you with each breath you take. As you breathe out, imagine stress, anxiety, fear and any feelings that weigh you down, leaving you. Feel yourself sinking deeper and deeper into the presence of God.

Conclude this time with a silent prayer, offering yourself to God, asking that God would guide and direct you, requesting the desired grace for the coming day. This way of slowing down lasts about five minutes.

Be still and know God and know yourself as one loved by God.

PSALM 46:10