

You Can Be Still  
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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

Sometimes, like the writer of Psalm 46, we have no choice but to be still when we find ourselves completely out of gas and have to totally rely on God. Or when we find our lives and world out of control and we can only trust in God. Or when we dig ourselves into a hole with bad decisions and bad deeds in a world empty of forgiveness, and there's Jesus on the cross for us.

Sometimes we can only be still. Yet, instead of waiting for the moments of crisis, Jesus' disciples do well to be still routinely. Because we are always living by the mercy and providence of God. Embrace it. It's a gift. God makes the world go round. God buys the groceries and gives you a roof over your head. God has rescued you from your sins and death and daily forgives and raises you up. Lean into that each day. Trust Him. You can afford to be still. If He did not withhold even the life of His Son, He certainly will sustain you as you rest in Him.

This Lent, practice being still each day.

1. Be still and listen to Him through His word. Let God speak, law and gospel, truth and mercy. Remove distractions and just listen. Let His words swirl around in your head for a half hour.

2. Be still and fast and pray. Make some quiet time to give your worries and fears to the Lord. Pray for the church, the world, your neighbors and enemies. Practice some self-control by denying yourself things you take for granted. Fasting and prayer give clarity and focus to the joy of being dependent on Jesus! It also helps with specific issues you may be struggling with.

3. Be still and let your stuff go. Practice trusting in God by letting go of your things for the sake of others. You know that God will take care of your tomorrow. How can His blessings to you bless others?

Ultimately this Lent I hope we grow in stillness and stand in awe at the singular most significant event of the universe, let alone our own lives: the death and resurrection of God's only Son for our salvation!

God promises you rest from sin and death. Claim it.