

In the Stillness

Scripture Reading — Psalm 46

The Lord Almighty is with us. . . . He says, “Be still, and know that I am God.” — Psalm 46:7, 10

When we ask children to be still, our goal is that they stop talking or crying and listen to what we have to say. Sometimes we must stand and shout this with authority, and other times we can just cradle them with a gentle “Shhh.”

In this psalm, God is using both an outdoor voice and an indoor voice to assure his children that there is nothing too big for the Lord to handle. We need not be afraid—regardless of the surrounding chaos—because God is right there with us in times of trouble. He both lifts his voice above the uproar (verse 6) and draws us close with the quiet whisper “Be still, my child; I am here.”

There are days when the pain level is so high, the disappointment so deep, and the fear so crippling that we can lose sight of the God who is our refuge and strength. Desperation can drive us away from God, and we can find ourselves craving his commanding, large-and-in-charge presence along with his intimate words of assurance.

When Jesus’ disciples cried out to him in the midst of a raging storm, Jesus stood up, rebuked the wind, and told the waves, “Quiet! Be still!”—and all was calm (Mark 4:39).

What do you need Jesus to calm in your mind and heart? Pause for a moment, and hear him inviting you into the stillness of God’s presence.

Prayer

God, you know our every thought and how we let our worries crowd you out and take over. Please still our racing minds, and draw us close with your assuring embrace. Amen.

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