

## PASTOR'S BLOG APRIL 22, 2020 Stop the World: I Want to Get Off!

*"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*

In this time of Sheltering In Place and Social Distancing. We have had to slow down from our hectic lives and "Be still".

What does it mean to "Be still"? ... *"Be still' means to stop striving, stop fighting, relax. It also means to "put your hands down". Sometimes we put our hands up to defend ourselves from all that life can bring our way.*

We are to stop fighting so hard to fix all the things that cause us anxiety and distress. Nobody wanted to be part of a Pandemic, nobody planned to lose money in their 401K funds, and no one chose to lose their job and income. We can feel overwhelmed by all we see and hear and we often feel like we are bailing out a boat with multiple holes and every time one is plugged another pops up.

When God Tells You to Be Still... ... *It is a strength that we need in order to achieve the greatness that God created us for. There are seasons in life where God tells us to be still so He can move in your life.*

This seems so contrary to our emotional impulse to do something, to fix what is wrong in our lives.

What happens when you and I are still...

- 1. In stillness we learn to listen to God, to hear the voice of the Holy Spirit.***
- 2. In stillness we step back from the chaos of our lives and see the bigger picture of God's plan.***
- 3. In stillness we see the hand of God at work in our lives.***
- 4. In stillness we cultivate thanksgiving for all that we do have and for the future God has for us when this plague has passed.***
- 5. In stillness we exalt God through our praise of His greatness, grace and love that is poured out in our lives.***

Jesus,

Calm my heart and give rest to my spirit this day so that I can see clearly how to serve you and others in and through the power of your Holy Spirit. Amen