



## STILLNESS - RESTING IN GOD

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### WHAT IS IT?

Being still (and often silent) in God's presence is a counter-cultural practice in our world of busyness, constant availability (thanks to our smartphones), and FOMO (fear of missing out).

Without time to be still, we can lose awareness of God's presence and thus act and react as if God were not with us.

### WHY DO IT?

"All of humanity's problems stem from man's inability to sit quietly in a room alone."

[Blaise Pascal]

### RELATED SCRIPTURE

"Be still and know that I am God." Psalm 46:10 {NIV}

"My soul, wait in silence for God only, For my hope is from Him." Psalm 62:5 {NASB}

### A BRIEF OVERVIEW

Jesus set the example for us by withdrawing to be alone with the Father (Luke 2:42). This practice of our Lord encourages us to intentionally seek ways to turn the volume down, unplug, and be alone with God.

### GIVE IT A TRY!

#### 1) Remember your identity is NOT what you do and how you appear to others.

We were created to be WITH God. The story of salvation is God seeking to rescue and ransom us so that we can again be with Him forever. Our core identity is received (not earned) from God. Being still and quiet in His presence reminds and refreshes us as we detach from the ways of the world and the world's definitions of success.

#### 2) Take small steps 3-5 minutes a day

Set aside some time in which you will unplug (turn the phone off and get by yourself). You may find it helpful to have a special place and a set time each day for this practice of stillness with God.

#### 3) Use a phrase or word from Scripture to keep your mind and heart before the Lord.

Undoubtedly, there will be distractions and your mind will start to drift or think about other things besides God. Therefore, give your mind a way to stay centered on the Lord and His presence. Here are a few ideas:

- Slowly say the Lord's Prayer or part of it like "*Our Father Who is in heaven ...*"
- Use the Jesus Prayer from Luke 18:13 – "*Lord Jesus Christ, have mercy on me, a sinner.*"
  - This is one of the oldest prayers used by the Church and it is straight from God's Word.
- Pick one word that helps set your mind on Christ such as the following: *abide (remain), surrender, amen, glory.*

#### **4) Expect His presence and His work in you!**

As you practice stillness and quietness with the Lord, over time you will be more aware of Him throughout the day and your life will become more Godward or God-centered. You may also become more aware of how God wants to process emotions, reactions, and situations in your life. Don't run from these but give them to God in trust and surrender.