



STILLNESS

"Be still, and know that I am God."

PSALM 46:10

The way to always begin anything is to begin to still everything.

Stillness is your strength.

In a wild, wearying world, this is the realeast reality: The only way to still keep standing is to make time to stand still. This is what your soul needs to know in this moment: You don't need to strive, you don't need to strain, you simply need to still.

Because your stillness says you're trusting Him still.

This art of being still is hard. Stillness may be the most difficult to learn, and it takes time to learn how to practice. As the theologian of old, FB Meyer wrote, "We must cultivate the habit of stillness in our lives, if we would

detect and know God." This habit, this way of life, of interior soul Stillness, this will take time to learn, but we absolutely must still if we want to know God.

This matters:
No stillness—no
God. But Know
Stillness—
KNOW God.

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Stillness—KNOW God

In the story of the Exodus, when the people of God are looking for a way out of a disaster and the overwhelm of an attacking horde, a way through the Red Sea, it is God Himself who is all the verbs in the story of the way through the sea.

God will do the moving—you must simply still.

Do you hear the Word of the Lord for you—you—today:

"The LORD will fight for you; you need only to be still." (Exodus 14)

God knew this would always be the battle, whatever waves you are

battling today: Your battle is to keep still—while God does the battle. Your battle is to still—and, no matter what, to trust God *still*. This is the strange miracle: Stillness is always your first step through any Red Sea Road.

The fear of any storm falls away when we still long enough to be in awe of God. *In your stillness, your God moves.*

"Be still and know God" is what the Psalmist beckoned in chapter 46. The literal translation of "be still" in Psalm 46 is *rapha*—which actually means: "to drop, to hang limp, sink down, to let go." God's invitation to us to know Him is an invitation to still long enough and simply let go—*let go*—of all the fears and worries that have a hold of us—*so He can hold us*.

Right in this moment, imagine one situation you'd do anything to fight to change, one thing you're wild for the story to be different—and now be still . . . which literally means—letting your hands hang limp, let your arms sink down. *And simply let God hold you.*

You can only truly let go of the thing you're holding on to tightly . . . when you trust how it's completely safe in God's hands. You can only truly be still in your soul . . . when you trust your life is better in the hands of God than yours.

Be still—*why?*

Be still—*to know God.*

Why know God? Because the greater the knowing of God, the greater the trusting in God.

The depth of your trust for someone is a function of the depth of your *knowledge of that someone*. Be still and know God—*because the greater the knowing of God, the greater the trust in God*. What I have realized in my journey through all kinds of heartbreak is: If I have trust issues with God—the real issue is that I don't really *know* God.

What would happen today that every time you felt a need to hustle—you hushed your soul and stilled?

Sacred Prayer

When you take time to still, you aren't falling behind, you are letting everything else fall away, and letting God alone be your Way.

What if you saw every need to hurry—to be a kind of warning light on your internal dashboard—to still?

When you take time to still, you aren't falling behind, you are letting everything else fall away, and letting God alone be your Way.

The way of Jesus is to have a regular rhythm and spiritual practice of always beginning in stillness. Jesus Himself, it says in Luke 5, "would withdraw to deserted places and pray."



If you want to learn the art of stillness and knowing God, you are going to have to ask your soul:

- What are you willing to withdraw from to be still and draw close to God?
- Where in your mind, in your soul, do you need to stop racing and simply be still right now?
- How do we have a way of life that takes the way of stillness—because who can afford to miss the actual way to know God?

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- Can you begin by practicing stillness just two minutes every day? First thing, before your feet hit the floor, before the waves of the day hit, can you be like an Israelite and take two minutes to be still, soul still, and gaze on God, simply trusting God will make the Way through the day's waves?



Right now, wherever you are on the Way, can you hush all the interior roar, close your eyes, take a deep long breath, and quiet everything in your soul?

After you still the waves within, the roar of the interior storm, the thunder of the overwhelm, simply by turning and gazing the soul on the beauty of Him who suffers with you and who fights for you—listen right now. Can your soul hear it in the quiet sanctuary of your soul?

"Peace! Be still!" (Mark 4:39).

God holds you still.

While the world says what gets heard, says what we have to listen to, has all the loudest voices—the very Word Himself, maker of the World, is coming to you right now, through a wilderness of worries, to say in the quietest whisper, because "The Lord is not in the roar, not in the storm, but He comes to you in a low, still, quiet whisper" (1 Kings 19:12), that beckons to us over and over again, every morning, every evening: *"Peace! Be still!"* (Mark 4:39).

Our interior stillness is evidence that our actual living address is in the spacious non-anxious presence of God. When we embrace interior

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Interior stillness says we are not dependent on endless work, but on the endless provisions of very Love Himself.

stillness with God, we surrender our outer limitations to God.

Interior stillness says we are not dependent on endless work, but on the endless provisions of very Love Himself. Interior stillness is this resistance against the anxious system of Pharaoh, all the systems that force us into this constant crisis to produce more and more bricks to earn your

worth—and choosing to instead to still and rest in the immovable foundation of your identity in Christ, as His Beloved. Our God is not about building empires of productivity, but about building relationships of intimacy.



How can you set moments, prepare for moments, throughout the day, especially when the roar of the waves is rising higher, to practice returning to stillness with the One who is the King of the Universe and on His throne still?

- Could you lay the Word out open on a counter to return to and still with, throughout the day, to hear the quiet whisper of God?

- Tuck a verse, a Word from the Lord, in a pocket, tape to the back of your phone, to sit still with throughout the day?



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Today, in all the sacred moments on the Way, if we truly want to hear a Word from God, we get to make cathedrals in our moments, quiet all the noise, be still, and listen for gentle, quiet His Holy Spirit whisper through the Word, so we don't miss Him. To learn the language of the God who speaks in whispers, you must learn how to be soul still. To hear from God, we must be still before God. Stillness is how we listen.

Your life changes when you practice this way of life that isn't afraid of the stillness—even though stillness is always its own kind of wilderness. Never, ever be afraid of any stillness, or any of your wildernesses.

The Hebrew word for wilderness "*midbar*" echoes with the very same letters as the Hebrew word "*medabber*"—which means "*speaking*." The wilderness is where the Word speaks and can be heard—where we can be formed into a person of the Word. The promised answer to our prayers may not be found in promised lands, but in the stillness of your wildernesses. Linger long with that. *Every wilderness, every desert—is not where God deserts—but is where God woos with a whispered Word.*

Listen to Him speak (Isaiah 30:15) "This is what the Sovereign Lord, the Holy One of Israel, says:

"In repentance and rest is your salvation,
in quietness and trust is your strength."

Quiet the crush of everything: be still and trust.
Ask your soul:

☀ Why are you afraid of stillness?

Sacred Prayer

☀ Why are you afraid of wildernesses that can hold stillness?

☀ What do you think might happen if you simply stilled?

☀ Ask your soul: Would I struggle less—if I simply stilled more?

☀ Ask your soul: Are you afraid to still because there's part of you that thinks you can't still because it's up to you to do something to part the waters?

You will only have as much strength as you have the strength to be still.

You will only ever have as much strength as you have the strength to enter the wilderness to find stillness. And when you have the strength to enter the wilderness that holds stillness—you will be still and know God. And it is this knowing God that is what makes you strong, that is what heals you. Stillness in your wilderness is the first step on the way to soul healing and real strength. *Your every wilderness can be a place of clarifying stillness.*

Stillness is how the soul embraces God's will . . . and is what equips us to finally let go of our trying to be our own gods still.

How can you carry that stillness, the stillness of being safe with God, into your day?

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You are invited now to come the way of Jesus Himself, who, as the Sacred Text reads in Mark 1:35, "while it was still very dark, Jesus got up and went out to a deserted place, and there he prayed."

You don't have to be afraid of the stillness, because you are practicing a new way of life, a way of life like Jesus, and the first step of the journey is stillness, because you want to listen to the Way Himself. As Ole Hallesby, the Norwegian theologian, wrote, "*The greatest blessing connected with stillness is that we can hear eternity; we can hear the voice of the Eternal One as He speaks to our conscience.*"

By stillness, sanity is found.

Still—and let go of what has hold of you.

By stillness, sense is made of things.

Still—and let it all fall away—so you can see the WayHimself, who is your Way.

By stillness, the roar of the enemy is stilled, and the soul can listen to the whisper of its Maker, its WayMaker.

Still—and let go of all your control and rest in how your very own kind Father is in control.

Hush all the worry and hurry. *Be still . . . and live into a tender surrender of a life of prayer, because the LordHimself fights His way to you, fights for you in ways you don't even know you need.*

The practice of stillness is to practice defiantly trusting in prayer: You can still and trust that God is still moving, working all things into good.

Wherever we simply slow the soul in prayer and still, we are whispering, *not my will, but solely my Father's will.*

You must make time to be still—in order to make a life.

Still hearts still see God.