

A Word on Wednesday from Pastor Tonia

"Be Still and Know" 2/2/22

Be still and know that I am God (Psalm 46:10)

The world seems to be spinning out of control. The news runs in circles, nothing changes, yet nothing remains the same. It's too fast, too chaotic. How can I move forward when I'm so dizzy?

Life is crazy, prices are going up, there is an ongoing pandemic, there are volcanoes, wars and rumors of war. We try to get ahead, but it's hard – we try getting our children into the right pre-school, young people are trying to get accepted in the right college or university. We try get ahead, we want to buy a new car or a new house. Get a new job. People don't feel safe, except in our own home, alone. We want to get out, but we fear being exposed to Covid. Our leaders aren't leading. Sanity is slipping. People are angry, they lash out. There is fear and depression. We're losing control.

The philosophers at the time of Christ talked of the chaotic world, in words which sound like they're describing our world today. Their recommendation – be still. They tell us we can't control what happens around us, but we can control how we react. They tell us we are not to try to escape our crazy world, but we are to find stillness while within the craziness.

We continually hear on the news, there is no answer, no one is to be trusted, promises are broken, and dreams dashed, hope is snatched - again. Leaders are fallible, there's another murder, people trafficked, the vaccine will save you, the vaccine will kill you. Who do we believe? What is the truth? How can we rest in confusion? How can we have peace when we don't know who to trust.

God tell us to "Be still and know that I am God." The Hebrew definition of still is to stop striving, to let go, to surrender. The Psalmist assures us God is our refuge. Can we stop? Be quiet? Count to 10? Turn away? Seek the peace God gives to those who trust in Him?

Be still and meet the Lord God who is gracious and full of compassion, slow to anger and abounding in steadfast love. (Psalm 145:8)

Jesus stood up in the boat during the storm and said, "Peace be still," the waters became calm, those in the boat believed, and they arrived safely on shore.

God speaks the same words into the storms we are facing, today. The never ending cycle of crazy news. Conflict and climate change. The fear and frenzy of our world. God speaks the same words to us as we face days when things don't go as planned. "Peace, be still."

The craziness whirls around us, so for now let us be still and place our trust in the Lord, who is trustworthy. Let us be still and know God.

Please pray with me. God who stilled the storm, still my heart. Help me to be quiet, to take time to meet You again - every day, in the sunshine and during the storms. Give me faith to listen and to hear of Your love, Your concern, and Your compassion. Help me to quit running in circles trying to keep up with the dreams and plans of someone else. Help me to not be sidelined by the traffic with which I can't keep up. Help me to keep my eyes on You. Lord, may I be still and know You. **Amen.**