

A Word on Wednesday from Pastor Tonia

"Be Still" 6/1/22

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

We often hear how one is to be “in the moment.” Makes me think of when I’d take my dog, Wolf, for a ride. He’d jump in the car, stick his head out the window, his tongue out of his mouth and he’d - find joy - in the moment. Wolf didn’t know where he was going, didn’t know the plan, didn’t even know if there was a plan. He didn’t know or care when he’d arrive or return, or if he’d accomplish a purpose. Wolf was just finding joy in the moment. Pure joy. How often do we feel that down to our toes joy? When do we feel complete peace? When are we so content, we can allow ourselves – to be?

The Lord says to us, “Be still. Know I Am God. Rest in this time with Me. Breathe. My peace is with you.” Can we take time to stop, lift our face, and feel the warmth of the sun? During the snowy winter can we stop and open our eyes and see the reflection of the sun in a snowflake – or do we just see a sidewalk which will need to be shoveled. Instead of enjoying the moment we worry and rush. We are focused on the next thing, not on the present thing.

Don’t waste energy fretting over what was or worrying about what will be, instead be still and know. Let go and let God. Let go of your anxiety. Do what you must, what you can, but rest in the fact God is still God, even when things are going sideways.

This isn’t easy. We can handle it ourselves, thank you very much. After all, we’re closer to the catastrophe than God is. Waiting is hard. Waiting without fear or concern, without chewing our nails to the quick, without turning to a bad habit – impossible. How can this turn out right if I don’t - don’t what? Don’t stir the pot, call the shots, throw in our two bits. Does God really have this? Sure, He created all which exists with His Word, but this, this is beyond even the Divine.

People are killing each other. Nations are marching all over their neighbor. Our leadership is lacking. No one goes to church anymore. Our economy is in the tank. No place is safe. We live in fear. Where is God? It’s either too much for Him or He doesn’t care. Over exaggeration, to be sure. But still we worry and wonder and are unsettled.

God, in His infinite wisdom, love, and compassion, sees and knows and asks us to wait upon Him. In His time - which we do NOT have a grasp of – God will take care of it. We are to wait on Him without fear, never forgetting God is God.

Nations will turn from God’s teachings, they will try to destroy what He has created, they will work and fight to be the top dog. Meanwhile, God’s people are to be still and know the Lord is the true God. Allow Him to be God.

We are to give it all to God, who promises to be with us. God tells us to humble ourselves, to wait on Him, and God will lift us up in due time. We are to cast all our anxiety on Him because He cares for us. (Pet 5:6-7)

This does not mean we go hide in a cave, or wait on a mountain top. We pray for peace and those who can, work for peace. We labor to rebuild. We reach out with compassion to the wounded and the grieving. We labor, administer, help, teach, give, serve, - do what God has gifted us to do. God calls us to go and actively care for His creation.

Our spirit is to be quiet. We are to cease our spinning and trust God is in control. To pray for His will to be done – on earth as it is in heaven. We are to love and care for others. We are to do what we can, but our spirit is to be still and know the Lord is God. In His time God will show us and all of the nations His sovereignty.

Please pray with me. God of peace and stillness. Bless us with Your peace so we may be content and allow ourselves – to be. To be in You. To love and to be at peace with each other and with Your creation. To look to You for answers. To trust You to care and know what will be. To labor for goodness, yet be still in You. **Amen**