

Being Still

Luke 10:38-42

What does it take for you to be still? In this world, stillness seems to be a goal to grasp for or one that is part of self-care and exercise. It seems the message of society and our world is that you can be still for just a small time each day – but your real focus needs to be on your TO DO lists. It seems rewards abound when you focus on all the things that have to be done. It seems rewards are scarce when we are still and present with God and Jesus. The truth is that the more still you are the more rewards you will experience.

In the scripture, we have two individuals with two different foci. One's focus is in getting things done and taking care of others. The focus is on efficiency, making others feel good and caring for their needs. Can you relate to this focus? Where in your life is your focus on your to do list, getting things done, and caring for others? It's draining isn't it?

But yet this exhaustion and feeling drained seems to be celebrated in our society. There is a myriad of suggestions on how to continue by managing the exhaustion and feeling drained. We are bombarded with how the latest TV show, vitamin, health food, type of pillow or bed will help us to manage the exhaustion so that we can continue building and working on our to do lists. Can you relate? When have you gone to bed not already thinking of what you have to do tomorrow? It seems that society has instilled in us that not only are we supposed to do our to do list for today but we should simultaneously create tomorrows to do list. Can you relate?

It seems counter-intuitive, but our focus shouldn't be on our to do lists and taking care of others exclusively. It should be focusing on ourselves and taking care of ourselves by being still with God/Jesus. Our focus should lend us to be present and hear God's voice in our lives at every moment not just at our allotted time of prayer and devotion. Our focus needs to be on stillness. For when our focus is on stillness and presence with God/Jesus our to do lists become different and working on them is because you are working for God/Jesus. They do not become to do lists anymore but become a way of living out God's/Jesus' love to others and a way of living out your presence with God/Jesus.

What will it take for you to be present and still with God/Jesus every moment of your day? Maybe it's rethinking how you listen to others, how you respond to others, how you breathe, or what TV show or music you listen to. As a Christian being successful isn't about what you have or what you have done. Being successful as a Christian is about how well and how often you are still and present with God/Jesus. Are you ready to be still or continue your to do lists? The choice is yours.

Lord, God. Jesus – help me to be present with you and not get distracted with my myriad to do lists and tasks I feel I have to do. Help me to stop and be still with you in silence to hear your voice and guidance in my life. Help me to let you create my to do lists and help me to listen to you in how to accomplish that to do list. Amen.

by Rev. David Piltz