

“Be still and know that I am God.”

Psalm 46:10

# Be Still

In seminary, I had the chance to visit a Buddhist monastery in Vermont for a experience related to a class I was taking. Here my classmates and I were emersed in the meditation practices associated with the Buddhist teaching of “mindfulness.”

This teaching helped me understand the concept of “being still”. Reflective breathing and awareness of thoughts that come to mind are just a beginning of this path toward mindfulness. And by the end of the week-long experience, I had realized I had never been so still in my life.

It is hard to be still.

Write down here the 5 things that have your attention right now:

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What are ways you let go of all that has your attention and practice stillness?

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Take a moment, reflect on a favorite Lutheran hymn, and then pause from all distraction, break out the crayons and color the flipside illustration. And just Be Still.

## *A Mighty Fortress Is Our God*

Hymn and Lyrics by Martin Luther

Martin Luther most likely wrote this “battle hymn of the reformation” between 1527 and 1529 as a paraphrase of Psalm 46.

Here are four theories for why Luther wrote this most famous hymn:

One theory suggests it was written much earlier, and was sung by Luther and their companions as they entered the Diet of Worms in April 1521. The Diet (which was a conference, not a plan for eating certain foods) was held in the German city of Worms. This is the conference that declared Martin Luther a heretic, and is when Luther gave us the famous quote “Here I stand, I can do no other,” in response to a request to recant his teachings.

A second theory suggests Luther wrote this hymn after the August 1527 execution of his friend Leonhard Kaiser. Kaiser was burned to death for not recanting his teachings which followed along with what Martin Luther was teaching.

A third theory suggests Luther wrote the hymn for German princes to sing as they entered the city of Augsburg for a Diet in 1530. This is when the Augsburg Confession was presented as a document defending the true faithfulness of the reformation teachings.

A fourth theory suggests it was written in connection with the 1529 Diet of Speyer, when German princes who aligned themselves with Luther were officially presenting a protest against the Holy Roman Emperor Charles V who was trying to enforce his 1521 Edict of Worms, the edict which declared anyone who followed the teachings of Martin Luther to be heretics.



Be still

and know

that I am

Gods

PSALM 46:10