

“Be Still”

I watch a lot of football, and a few years ago I got to go to a live Seahawks game. I don't even remember now who won. All I remember is the deafening noise – crowd noise but also the relentless blast of the earsplitting PA system. I could barely hear myself think, let alone the voice of the person next to me, and I spent the whole game plugging my ears. An extreme example, but we're surrounded by noise, aren't we? – literal and figurative noise, some unavoidable and some we invite by constantly connecting to our various media devices, loud messages bombarding our brains and making it difficult to think straight. Making it difficult to hear God.

“Be still and know that I am God. I will be exalted among the nations. I will be exalted in the earth.” (Psalms 46:10)

This Psalm speaks of great turmoil: mountains quaking, waters roaring, wars raging. Then, in the midst of it all, God tells us to “be still.” But what does that mean? It's a call to stop struggling in our own strength, to cease our frantic activity and striving, to stand still and be quiet in God's presence, to pay attention to Him over the noisy chaos around us, to rest in Him. I think of the old hymn...

This is my Father's world, and to my listening ears, all nature sings and round me rings the music of the spheres. This is my Father's world; I rest me in the thought, of rocks and trees, of skies and seas. His hands the wonders wrought. This is my Father's world; the birds their carols raise. The morning light, the lily white declare their Maker's praise. This is my Father's world. He shines in all that's fair. In the rustling grass I hear him pass. He speaks to me everywhere. (emphasis added)

I love the imagery! Should we expect to hear from God or about Him through our blaring media sources? Unfortunately, no. And if we're being too loud and busy ourselves, we'll never perceive Him passing in the *rustling grass*; we won't hear Him speaking to us *everywhere*. But if we have *listening ears*, we will hear God's praises sung by His whole creation. If we take the time to look quietly into His Holy Word, the Bible, we will definitely hear His voice.

So don't plug your ears; turn down the noise! Take time and space to be quiet before the Lord and listen carefully for His whispered words. Remember, God didn't speak to Elijah in the powerful wind, the earthquake, or the fire; He spoke to him in a still, small voice (2 Kings 19:12). Be still, and know that the Lord is God.

S. Johnson