



“Be still and know that I am God.” Ps. 46:10

This has been a verse quoted by many people during this quarantine, challenging us to be still and remember who God is. This, of course, is a wonderful verse and a beautiful challenge. Most of us think we do a pretty good job doing this, however, have you ever truly stopped and thought about how unstill your life has become? We have all been thrown into a time of stillness and we don't want to waste this time. We can use our “still” days to mature in our walk with Christ, asking Him to show us things about ourselves, both positive and negative.

Our quiet can show us our attachments.

- What have you been clinging to lately?
- Are you attached to work, control, others, etc.?

Our quiet can also give us time to examine our character.

- Why do I say that?
- Why do I do that?
- Why do I respond the way I respond?
- What motivates me?

Father, confirm in us the things that we do and say that bring honor and glory to You. Convict us of the things that we need to change.

In Jesus' name, Amen