

Dear Friend:

How's everything going with you? Are you hanging in there? Are you drawing on his strength to meet your every need? Here's an incredible verse I've been meditating on: "Be still, and know that I am God; I will be exalted among the nations; I will be exalted in the earth." (Psalm 46:10)

God is commanding us:

- 1) Be still! Cease the worrying! Trust, like a weaned child with its mother. How often my thoughts race ahead of me, planning this and that, when God simply says, "Be still! Leave the planning to me (Jeremiah 29:11-13). I know I'll be learning this lesson all life long - to simply be still and leave the future in his hands - to do no planning until the moment when planning is required. How much of my planning is wasted. I find myself, for example, planning things even while I am in bed, about to sleep, or going for a run, or in the shower! How much better just to be still and seek the face of my Lord, who longs to commune with me! God will work it all out, but will I trust him in my thought life? Will I trust him with my plans? The alternative is an anxious heart, a heart that isn't trusting and is robbed of all the glorious peace and joy that he brings.
- 2) Know that he is God. We are not! This goes right along with being still. When we know he is Lord in our life, we have great confidence and can be still. The God of the Universe has ample power and wisdom to make what needs to happen occur in our lives. It is time for us to have the faith to trust that and be still- to rest in that knowledge.

God is promising us:

- 1) He will be exalted among the nations. This is a promise. There is no doubt in this. There is no wiggle room for us to doubt. He will be exalted among the nations. His glorious kingdom is moving forward and will take us with him to eternity if we have received the gift of his Son. Jesus reminded us, "Repent, for the Kingdom of God is near." (Mt 3:2) It is our choice. He has the power, the love, the wisdom to make it happen, but will not force himself on us (though he may at times discipline us to wake us up to our need of him)
- 2) He will be exalted in the earth. Will I align myself with his great plans - plans that will never fail? Will I wake up to the fact that the Kingdom of God is within me (Luke 17:21)?

Our Response:

Will I allow him to be exalted in my life? Will I lay it all down and be still? Will I trust his will for my life? How I long for Jesus to be exalted in my life! I've tasted and seen that the Lord is good! There is no turning back, but will I be still? Will I seek out his will in my every step? When the storm clouds come, will I worry or will I be still? When relationships don't go the way I want them to, will I worry, will I compromise my godly convictions, or will I trust and be still? Will I set my mind on things above and not on earthly things (Colossians 3:2) and be still? Will I seek his face all throughout the day and be still instead of consuming my day with thoughts and plans that clutter the brain? I simply need to BE STILL!

Lord Jesus, You know me so well. Test me. Know my anxious thoughts, and teach me to be still. May I dwell in you all day long. May I seek your face, knowing that you will work all the details out, knowing that I spend far too much unproductive time worrying. May I cast all my cares on you and rejoice in the freedom of being still. How I long to draw closer to you. How I long to include you in my every thought throughout the day. Help me to grow in this. I long to draw closer to you. I have tasted, I have seen great changes in my life as I have stepped out in faith. I know that you promise far greater changes to come- only may I be still before you and trust you in everything! In Jesus' name, Amen.