



*Psalm 46:10*

*“Be still (silent), and know that I am God!”*

This short verse of scripture holds one of the great secrets of faith. We, I believe, all want to know God or at the very least be assured that God is. In this troubled world we live in, it is easy to become despairing or hopeless. It seems like we are so small and the world is so big. How can any one person make a difference? In the midst of these feelings of insignificance we need to know there is a God. We need to know there is order in the chaos we live in. We need to know someone is in control.

It is really no different today than at any other time in history. Certainly we live in a world that is much more technically oriented. We are able to communicate faster and to all parts of the earth. But our information technology advancements do not connect us to the heart of God any better than the way Abraham, David, or Paul were connected. For it is not how advanced our communications systems are, it's how willing we are to put God as foremost in our minds. Our connection with God is a function of our desire to remove ourselves from the focus we have on the things of the world so that we can focus on God and the things of God. This is why the Psalmist calls us to silence.

I marvel at times just how busy (noisy) the world is that I live in. It is so easy to get caught up in all this busyness and completely lose control of our lives. I know all too many people whose life is consumed by all the

demands that they have placed on their time. They have little or no time to truly enjoy their lives because they are always running from one place to the next. They need to stop all the rush and seek some real peace in their life. I have found that this peace comes to me when I make time, intentionally, in my life for God. Jesus reveals this habit of removing himself from all that was going on around him. He would rise up early in the morning and seek a place of solitude to pray and reconnect with the Father.

As tragic as the life of the workaholic can be, there are also those who busy themselves constantly in the mindless escape from life. They become addicted to TV, video games, recreational activities, gambling, drinking or worse. These are often people who need to stay busy so that they don't have to deal with how little of consequence they have accomplished with their life. Or perhaps, it's because of these habits that they haven't reached their real potential. They haven't fulfilled the purpose of their life and they need something to fill their emptiness.

It's in the silence we can come to know God. It is in the stillness that God speaks to us in a still small voice. Isn't it time you made real time for the God who loves you and offers you eternal life? Begin life anew with God in your heart.