



Be Still
By Terrie Hellard-Brown

Be Still...

Not the scolding, stop-fidgeting kind of "Be still!"

But rather the stop-with-your-eyes-wide, your-jaw-dropped, and

your-breath-taken-in kind of be still.

It's the stillness of wonder and worship.

***It carries with it a "Be quiet," but not the Stop-being-so-noisy-
and-hush! kind of "Be quiet,"***

But the really-listen kind of be quiet so you can hear something

wonderful, something beautiful like the song of a bird.

And know...

***Not the study-really-hard-and-memorize-something-for-a-test
kind of know,***

***But the kind of "know" that you understand with more than just
your brain. You know it with all you mind and heart and all that you
are.***

***It is the realest real you've ever experienced. It's where doubt
disappears and faith is born.***



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That I am God.

This is Who you know in that "realest realness."

He is Almighty—He is strong like a comforting hug that makes

you feel secure and brave.

He is the Most High—No one is better than God. He is the best!

And He loves you.

He is the Creator of all things—and He created you.

He knows everything—and He calls you by your name.

He deserves your wonder, your awe.

So, stop for a moment, and be still

Get to knowing who God is.

To know Him is the most wonderful, amazing, awesome part of

life.

And know that He IS GOD

That means He is wise

And loving

And kind.

He knows everything.

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And He gives us hope and purpose.

He is hope that makes fear go away.

His plans happen, and He lets us help out.

In stillness, you can let His Spirit and His Words get into your heart—

Pushing out fear.

Soothing your disappointment.

Filling the sad times with joy.

Missing the joy and love of God is worse than leaving all your presents unopened on your birthday!

And just going through life as though birthdays mean nothing.

God is whispering to you, "Be still and know that I am God."

It's like getting the best present at the most wonderful birthday party in the whole wide world—a life-changing event!

Will you open God's present to you?

(Based loosely on Psalm 46, a little of Psalm 139, and the names of God from 1John 4:8, Luke 6:36, Jude 1:25, Romans 8:15, and John 15:15)