



**August 19, 2024**

## **Stillness and Solitude Matter**

**ATTENTION PLEASE!** I can usually tell when God wants me to pay attention to something he wants me to know, to be or to do when I hear the message over and over from many different voices and places. I've heard this experience referred to as "sacred echos." Lately what I'm feeling called to do is to slow down, be still; to resist busyness and hurry. I'm sensing that I'm to embrace solitude as a gift and a time for more reflection, contemplation and meditation. I'm to focus more on being rather than doing, and filling my life with constant activity.

For example here are a couple of devotional readings that have popped up recently.

From [Jesus Calling](#) by Sarah Young:

July 17

*COME AWAY WITH ME* for a while. The world, with its nonstop demands, can be put on hold. Most people put *Me* on hold, rationalizing that someday they will find time to focus on *Me*. But the longer people push *Me* into the background of their lives, the harder it is for them to find *Me*.

You live among people who glorify busyness; they have made time a tyrant that controls their lives. Even those who know *Me* as Savior tend to march to the tempo of the world. They have bought into the illusion that more is always better: more meetings, more programs, more activity.

I have called you to follow *Me* on a solitary path, making time alone with *Me* your highest priority and deepest Joy. It is a pathway largely unappreciated and often despised. However, *you have chosen the better thing, which will never be taken away from you.* Moreover, as you walk close to *Me*, I can bless others through you.

SONG OF SONGS 2:13; LUKE 10:42

From Henry Nouwen, "Be Still and Wait"

"Maybe I have been living too fast, too restlessly, too feverishly, forgetting to pay attention to what is happening here and now, right under my nose....no great ecstasies are needed to discover the love of God. But you have to be still and wait so that you can realize that God is not in the earthquake, the storm, or the lightening, but in the gentle breeze with which he touches your back."

Even in secular media there has been an emphasis on the benefits of meditation and mindfulness.



So why do I find my self resisting? One reason is that busyness and achievement are equated with importance, popularity, belonging and being valued. Often when I say no to some event or activity for the sake of giving myself space and time to spend reading and reflecting and listening for God, I become a victim of what is known as FOMO, fear of missing out. Instead of enjoying the gift of solitude I fall prey to loneliness. That is why I find the weekly Centering Prayer group so helpful because there I find the fellowship of others who encourage me to persist because we are all seeking to practice the presence of God in silence together.

Here's a practice that is suggested in [The Pilgrimage into the Last Third of Life](#) book which several in our church have been reading. I find it helps to quiet my mind and bring me to a place of stillness, of openness to God's presence.

Go to a quiet place and spend 15 minutes in prayer, as you meditate on these words:

Be still and know that I am God

Be still and know

Be still

Be

~Written by Marilyn Whisner

---

**Click [HERE](#) to read previous "Faith Matters" articles**



8190 Lincoln Rd. Beulah, MI 49617

231.882.4241

[www.benziestandrews.com](http://www.benziestandrews.com)



---

Benzie St. Andrews | 8190 Lincoln Rd | Beulah, MI 49617 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!