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## Be Still and Know That I am God

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## Be Still and Know That I am God

Cover Page Footnote

None

### Spiritual Reflection

Title: Be Still and Know that I am God: Psalm 46:10

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Pick your frenzy! There are significant options such as wedding planning, Christmas celebrations, family reunions, death in a family, assuming a new position or new responsibilities within a position, changing rules and regulations due to COVID-19, planning and presenting an educational program, and change in church leadership. The list could go on and on. All change has differing levels of disorientation, loss, and associated consternation depending on the individual, their experience and current situation. Some “frenzies” are ultimately positive while others are negative. However, all can produce anxiety, disruption, and personal distraction from healthy strategies utilized for personal day to day functioning. “Frenzy” has the potential to also challenge our relationship with God, and at times, undermine the reliance on faith in supporting personal well-being.

Psalm 46:10 – “Be still and know that I am God” presents a calming idea. Reflecting further on this Psalm can provide some direction for addressing the “frenzies” in life. The term “still” has different understandings in a religious context. One understanding is that God is our refuge. God has His peoples’ backs. So, as God’s people, we can be “still” and trust that God is working for each of us to bring about what is His personal “good” for all. “His personal good” may not be to the liking of each person, but through trust that God is in charge, and always, He has the best for all in His plan. A second understanding of “still” comes from the Hebrew tradition. This interpretation “calls” for each person to stop striving to control, let go, and surrender. Surrender is a deep spiritual concept that relies on complete trust in a power greater than us. Not only does the individual need to “let go”, but, in addition, open their mind and heart to a new way of being. Opening one’s mind and heart is a risk. Often this spiritual movement can put each person in unknown territory, which in itself can be uncomfortable. Again, surrender requires ultimate trust that God will provide His safety net in protecting each of us as we move from “frenzy” to a new way of being.

As in everything, practice can improve a person’s comfort and trust that all will be as it should, if there can be movement from control to letting go to surrender. Spiritual “practice” can challenge anyone who ventures into a spiritual exercise program. Just as physical exercise programs have “Personal Trainers” that can ensure that the physical exercise is being completed with correct form, a “Spiritual Director” can provide individualized guidance and support as new ways of thinking and being are introduced and practiced through the process of “letting go” and “surrendering”. Meeting with a “Spiritual Director” on an ongoing, consistent manner provides a personal trained companion that promotes feedback and suggests pathways and insights that assist in engagement in supporting a healthy spiritual life.

So, when you are in the midst of preparing for a holiday or special event, it is a good time to check our personal “frenzy”. Perhaps in reflecting on this Psalm and considering our need to grow closer to the higher power in our life, we can each practice incorporating new personal spiritual care strategies that encourage the peace that can be found in “letting go” and “surrendering” to a new way of being amidst the “frenzy”.