

**October 22, 2024**

The Lord wants you to live in His light.

**Ps. 37:7 *Be still before the LORD and wait patiently for Him; do not fret when people succeed in their ways, when they carry out their wicked schemes. (NIV)***

Be still. Really, just be still. Quiet your mind. Stop trying to work out everything according to your own way. Just be still. Wait. Now I know how difficult that is because we all have so much to get done today. Our 'to do' list grows every single day and there are 'to dos' still left over from yesterday. But just be still for a moment. Allow the LORD's Spirit to wash over you. This is not a time to ask, but to just rest in His presence. To begin to absorb His love; His wisdom; His power.

The Hebrew word for *be still* is **down** which means *to grow quiet in our minds, motionless, relax, stand still and wait*. If you are like me, I don't really like to wait. And yet, it is those times when I slow down enough, that the LORD speaks to me in ways I had never thought of. **Ps. 46:10 *He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*** (NIV) If we continue to allow our minds to race; to think about all that we need to do; to fret about a deadline or wonder how we will accomplish a task, we will likely miss what the LORD is trying to say to us. I wonder how much more would I understand the LORD's will and His way, if I would but be still and listen to His voice. Just be still for a moment. Listen. Do you hear that? It is His voice calling out to you. Maybe He is speaking right now, saying things like: ***Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light. Mt. 11:28-30*** (NIV) Enjoy just being in His presence. Calm your heart. Do not fret and worry. Focus on Him and His great love for you. He loves you. He will never leave you. He will never forsake you. He will never give up on you. You are His love. You are His child. You will always be.

**Dear LORD, please calm our hearts and our minds today. Help us not to fret about all the things going on around us, but instead to enjoy Your Spirit today; to look upon Your face; to bask in Your presence. In Jesus Name, Amen**