



Be Still

There comes a time
When I want to unwind
And just be still in God's presence

But life is so demanding
Like a rubber band, fully stretched and expanding
Time feels like it's commanding

Busy with life from the break of day
Rushing around trying not to delay
Oh Lord I pray to be still, I wish not to stray

Life's choices are great
No time to be late, I quicken my haste
How long will I resist to be still and wait?

Before you realise, it's that time again
To stop and unwind
And reflect on all that I did during the day

It's not too late to posture and kneel before the King
My heart will begin to sing
My cares and worries to Him I bring

Be still and know that He is God
Take time to meditate on His Word
And His voice will be softly heard

Psalm 46:10

(New King James Version)

**Be still and know that I *am* God; I will be exalted among the nations,
I will be exalted in the earth!**

When we are still and surrendered to God, we find peace even when the earth gives way and the mountains fall. Journal what the Lord is saying to you in these moments of stillness. We serve a great God who is greatly to be praised.

Sonia Dougall on behalf of RWS
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