

## Be Still...

“Be still and know that I am God.” I thought of that simple command, be still, recently. I quickly realized that not too many people are still these days. Go, go, go, go seems to be the way people live.

People rush from one activity to another one without a moment’s rest. We carry planners to schedule our days down to the last minute. Our phones and even our computers can be programmed to help us keep up with where we are supposed to be when. Everyone is busy.

Even our children are not immune to this fast paced world. Some children need calendars to keep up with their activities. They go from school to ball practice to dance to goodness knows what else. It’s no wonder some of them fall asleep when they get to class.

It seems that, in contemporary culture if you are not moving, you are in danger of getting left behind. The irony is that in our face paced world, what is getting left behind is God.

By moving with the world, we are neglecting the command to “Be still and know that I am God.” When we move at our own hectic pace, we have little time for knowing God. Knowing God takes time and reflection. In this world of electronic gizmos, cell phones, smart phones, there is always something to do or to distract us. It is almost like we have a fear of being still.

Maybe we fear being still because of what we would learn about God and ourselves. As long as we are moving we can convince ourselves that we must move, our activity is important, which makes us important.

Be still.

Robert Arndt