

# WEEKLY SERMON

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## Be still and know that I am God

### **Psalm 46:10**

How often do we find time to be really still? I don't mean physically being still, perhaps to watch the television or read a book, I mean being really still; stilling our minds as well as our bodies.

We live in a fast-paced, demanding world. Often, we find ourselves working hard to meet deadlines, rushing headlong from one task to the next.

It is often said that time is our enemy, there is never enough time to do everything. We are driven by the clock. Getting the children ready for school on time for example, which might mean making sure they are out of bed, preparing their breakfast and maybe a packed lunch, perhaps driving them to school; then you must also get to work on time, negotiating the rush hour traffic

Then you have to be at appointments on time, even if you then spend more time sitting in the waiting room than travelling to get there! The clock never slows down and sometimes it can feel like you are racing it all day, week or maybe even year.

We all need what we like to call 'me' time, and often we think that it needs to be a huge chunk of time. Perhaps a week to go away somewhere or a few hours to spend relaxing in a spa. But actually, just having a few minutes 'me' time, to be still, can make a huge difference. Time can also be our friend, and you don't need to take a lot of it, but it does take determination and discipline.

You might like to try to take a moment each day to be still. It is something you can do almost anywhere. It doesn't need to be somewhere silent; quiet is good, but not essential.

Begin by sitting in a comfortable position, with your feet on the floor, then close your eyes and listen to your breathing. Be aware of your surroundings and listen. Maybe you hear the noise from a nearby road or notice the sounds of children playing. Just sit and be still and silent for 3, 5 or 10 minutes; whatever you can manage.

Set an alarm if you need to, so you are not ruled by wondering how long you have been there! Just the simple exercise of stopping and stepping off the treadmill of life for a short time can help.

Psalm 46 verse 10 reminds us not only to be still, but also to "know that I am God". So, as well as being still we should pause and reflect. Taking time to be still and connect with our faith can help us to find peace amid the chaos of life.

We can also take a moment to be thankful for what we have and ask God for guidance and strength for what is to come. Being still isn't always easy, but it is certainly beneficial.

**Rev Carole Garner, Associate Priest, Parish of Oswaldtwistle**

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