

STILLNESS AND SILENCE

"For God alone my soul waits in silence; from Him comes my salvation.

He alone is my rock and my salvation, my fortress;

I shall not be greatly shaken."

Ps. 62:1,2

REFLECTION

Silence is a means that God uses to communicate with us. Yet, many of us are not comfortable with silence. We live in a world where we need to fill every moment of our lives with noises such as music, words or actions, else we wouldn't feel at ease. Enter the IT era, we also need to fill our every moment with text messages even though it is done quietly. Thus, noise is not just audible, it is also visual, mental and activity-based. We need to be engaged in something, doing something and be found active, "productive" and efficient.

In comparison, the practice of stillness and silence before God in Christian spiritual disciplines can sometimes appear as "unproductive" inactivity or to some extent a "waste of time". Yet, it is not so. We quieten our hearts and minds so as to focus and be attentive to God, His presence and what He may want to say to us. In this posture we are saying He has the priority, not us; He has our attention, not we seeking His; His agenda comes first, not ours. In this posture we come to be aware that we are in His presence, not Him coming to ours. In being still and silent before God, we are actively appreciating His presence and preparing ourselves to listen to what He may reveal or say.

It is in stillness and silence before God that the psalmist finds confidence and assurance of deliverance from God when problems surrounded him all around. It is in that posture before God that he sees clearly who is really in control and have the final word. It is in that posture that he gains strength to press on in his life.

Are you in a situation which seems difficult and challenging? Is your heart and mind filled with anxieties, confusion or uncertainties? Are you busy searching all over for ways to resolve your problems? Perhaps, you can come to God's presence and quieten yourself before God. You don't have to say anything to Him for He already knows you and your situation. Just be still and appreciate His presence. If it helps, you may read Ps.62:1,2 a few times and meditate on it. Allow the words to sink into

your spirit. Finally, briefly tell God your heart's concern and desire. Then allow God to respond in His own way and time.

PRAYER

Heavenly Father, thank You for Your presence with us even in difficult and challenging times. Though we may not know or sense it, Your hand of grace and love is always guiding us and granting us the assurance and strength we need. Help us to look beyond our circumstances and onto You by being still and silent before You, knowing that You are sovereign over all things. In Jesus' name we ask. Amen.

SUPPLICATION

- Have you been busy hurrying over issues and matters without taking the time to be still before Him? Take the time to ask God to search your heart. Ask God for a desire to "wait in silence" before Him. Ask Him to help you cultivate a habit of being still, attentive to His leading, and ready to listen to His "still small voice".
- Pray for every believer in Singapore to learn to be still before God, that they be able to discern His voice and understand what He is doing in the lives of people around them. Pray that out of that stillness they may know how to respond as God wants them to, so that lives be touched and saved for His glory.
- Pray for those who are still affected by the pandemic and struggling to find ways to recover to normalcy. Pray especially for those who have yet to believe in Jesus Christ, that God would open their hearts and minds so that they may recognize their limitations, acknowledge their need for Him and turn towards Him and be saved.
- Pray for our leaders who have been diligent in providing care and support to protect our nation and people from further effects of the pandemic. Ask God to grant them strength, that even in their busyness they may find time to be still before Him to reflect and acknowledge their need for Him.

*"Be Still and know that I am God,
I will be exalted among the nations,
I will be exalted in the earth."*

Ps. 46:10

**If you need any prayer or pastoral care support,
kindly contact the pastoral care team via:**

Email: wecare@brmc.org.sg

Contact: 6592 4011 or 6592 4012