



Selah-Be Still

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Psalm 46:10

As I was driving from Harrisburg to Lancaster I was pondering thoughts about art. I enjoy painting and even more so taking in art at museums and galleries. I love looking into the soul of the painters and connecting with their hearts as they paint from their innermost beings. One of my favorite types of paintings is Still Life. I always get lost in their frozen tranquility.

Still Life paintings are snapshots of usually ordinary objects suspended in time by the painter. The painter may evoke emotions through the colors or brushstrokes on the canvas but they do not paint any type of motion or activity within the painting. It is truly still. I was thinking about painting a Still Life at home later that day but before I could strike the canvas with a brush the verse in Psalm 46:10 came clearly into view, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." As I pondered the various Still Life paintings I have seen over the years I asked the Lord "Am I ever really still before you Lord?" Still Life paintings evoke such peace and serenity. Life has stopped for just a moment. I heard the Lord say "You do rest in Me at times but to be completely still and forsake all the things in your life that would pull you away from Me seems to be hard for you. Even in the midst of your quietness and stillness you are still going. You sit in My presence and rest in Me but even then you allow worries and fears to draw you away. I don't always have your complete attention. I want you to know Me so well that I am everything you need in every situation so that you may be still."

I desire to know the Lord. I want to know every aspect of who He is. I want to be still and know that He is my redeemer, my healer, my provider, my King, my Father and on and on. If we truly know who the Lord says He is then we can truly be still. We can find that place of tranquility and peace in the Lord. We can rest, relax, let go and drop all our cares knowing He is all we need.

Father,

Thank you for calling us to a place of rest in you. In this place of rest reveal yourself in greater and deeper ways to us. You are our Healer, Redeemer, Father, King, and Friend. You are our all in all!