

Psalm 62

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Finding Rest

I'm a talker and very, very busy. I always have been. Even as a child, when report cards were sent home, my parents never expected anything better than a "C" beside the word *Conduct*. One of my elementary teachers politely called me "very social", while most were blunt and to the point. "Wendy talks too much. She could learn more if she would talk less."

Wendy still talks too much and would learn more if she would talk less. Unfortunately, old habits die hard. I have brought this irritating trait into my fellowship with God, filling our time with words, lots and lots of words. In my world, silence is rare. I wonder if the Father sometimes looks at the Son and says, "I can't get word in edge-wise with this girl!!"

Read Psalm 46:10.

When we are still, what will we discover?

The reward in *being still* is to know that God is God. We simply need relief from the rush of life—relief from rocky relationships, job requirements, rearing children, and running from here to there and everywhere. God is willing to give us relief from the rush of life, but all too often we resist.

Resisting Rest

The word, *Rest*, in the original Hebrew, is defined as *wait in silence*. The King James translation says it so poetically, "my soul waiteth upon God, from Him cometh my salvation [deliverance, help, victory]." When you read the verse aloud, the "th" brings a certain peace and calm, don't you think? Try it. If the words can offer peace by just reading them, imagine what obeying them can bring. Yet, we resist waiting and resting and silence. Waiting in silence requires two disciplines—two difficult disciplines—sitting and silence.

Sitting

In addition to not being able to shut my mouth as young child, I was also unable to sit still. I was too busy being social and taking care of business. Not much has changed since I've become an adult. I am busy taking care of business with very little time to sit still. There is just so much to do. Life is busy and demanding.

At times, we resist resting and sitting with God. Sometimes this is a result of fear. For those who are trapped in the captivity of activity, real rest for the soul is an unknown, and the unknown can be scary. When we sit still with God, we get to know Him. And in knowing God, we discover the reasons for our restlessness and learn the how-tos of overcoming them.

Read Matthew 11:28-30.

Who does Jesus say can come to Him? What will this person find?

Silence

Silence is deafening, and like *being still*, can be scary. However, our souls cannot receive the rest they need until our mouths stop moving! This kind of discipline is extremely challenging for those like me who feel they have to be moving or talking all the time. We have a saying around our house, “You can’t listen if you’re talking.” That is true with listening—or talking—with God.

God has been teaching me this discipline for many years, but the past few months have been especially difficult. My normal way of spending time with God has changed, and I am slowly becoming ~~too~~ fond of the new normal. My past quiet times were full of words, but in my new normal, I find that words fail me—and the silence is haunting. So I question, “What’s wrong with me Lord? I love you, but I have nothing to say.” Then my spirit receives His response, “Be still, and be quiet. It’s OK. Just be still, and know that I am God.”

Read Psalm 23:1-3.

List four things the Lord does for us?

The Lord makes us lie down (be still). After He has our undivided attention, He will lead and guide us away from “false refreshers” to places that are truly refreshing to our soul.

False Refreshers

When we are weary, we often seek refreshment in the wrong places. One of my favorite “false refreshers” is lunch with my friends. Is lunch with friends a bad thing? Absolutely not, and I love lunch with my girlfriends. However, the refreshment and the rest that having lunch with friends provides for my soul is temporary.

In contrast, God’s rest is ~~the~~ real and lasting. Since our soul was created for His rest, it responds with joy and fullness. And as we fill the reservoir of our soul with the true refreshment of God, we learn about His unforced rhythms of grace, and we experience the freedom of His ways. Our soul finds the rest that it has never known but hungers for by learning to be *still* and *silent*.

“We receive only when we are recollected; only in silence is heard the beating of the heart of God.” —Father Bernardo Olivera