

Wednesday 1<sup>st</sup> September 2021

Psalm 46-10 "Be still, and know that I am God;

We are so busy today and find it hard to say no therefore we end up being exhausted. We really need to take time to rest and the best way to do that is to do as it says in the Psalm. Take time to "be still" but to also take in the rest of the psalm we need to slow down and listen for God speaking to us, when we do that God will enter into our inner self and we can then really hear him talking to us. When we are so busy and do not take the time to be still and know then we do not give God his time we again end up being so tired we are no longer of use to ourselves or anyone else. We need the strength of God within, to aid us in our daily lives. Coming to him will help us to give to him the worries that make us go to all ends to work things out and worry unnecessarily about little details. Therefore if we stop listen and go to our Heavenly Father he will guide us to the rest we need to work out what is actually needed to get the work done. So let us be still and know that he is God, our God who is our constant guide in our lives.

Loving Lord assist us to come to you to be still and earn the rest we require to give you the glory and praise. Amen