

Wednesday 27th July 2022

Proverbs 20 – 4 NIV.

Then he taught me, and he said to me, "Take hold of my words with all your heart; keep my commands, and you will live.

When you sit down to be still and come to God in prayer, does your mind stop focusing on what is going on in the world about you? Or do you find yourself thinking about all you have to do in the time left today? There are always busy thoughts creeping in to your head and it is not easy to focus on the prayer or even how to be still. But the verse today urges you to listen for God through the Holy Spirit. Listen for his voice to guide you in your prayers and it will help you take the time to be still and to listen out for God in our busy lives. If you find life still intruding and busy, things come between you and God then stop and write down what pops in to your head and then you can go back knowing that God will wait until you really stop the world and truly listen for his voice. Take the time to be still and know that God is listening out for you, all you have to do is pay attention when he is calling you to listen.

Loving Lord, help us to stop and listen when you call to us to stop and listen to your words to take the time to just be still and hear your words for us. Amen.