

Saturday, December 3, 2011

**Scripture:**

*"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 NKJV



Picture courtesy of Jane VanOsdol

**Worship:**

Let All Mortal Flesh Keep Silent

<http://www.youtube.com/watch?v=EApd6omsoA0&feature=related>

<http://www.youtube.com/watch?v=fqA2O1c-WZg&feature=related>

**Focus:**

Yesterday we talked about learning to listen for God's voice. One key to being able to do that is by practicing times of stillness and quiet before the Lord. In our busy, noisy world where we are constantly rushing about, not many people take the time to be quiet before the Lord.

For the next month, let's try changing that. During this Advent season, why not make a practice of spending a few minutes in absolute silence before God. You can simply sit in a chair, kneel or fall on your face before Him. Light a candle if that helps you to set the right mood. You could also have a verse of scripture to pray to Him to get you started. But just take a few minutes to enjoy His company as you would a dear friend.

**Application:**

Trying to quiet your own voice as you sit in silence is not such an easy thing to do. Try breathing prayer to help quiet yourself as you begin your time of silence. Pick a short verse of scripture such as "Be still and know that I am God." Inhale and silently say, "Be still and know" and then exhale and say, "that I am God." Do this as many times as it takes to quiet yourself.

**Prayer:**

*Lord Jesus,  
We fall before you in awe of Your presence. Thank you that You desire to spend time with us. May we seek after You with our whole hearts and worship You in beauty and in truth. Amen.*