

BE SILENT

I was once on a mountain with a group of young hikers, and we were told that for 3-4 hours, we would participate in "solo time." During this time, we would be alone, quiet, and challenged to use the time to behold God. I have to admit that this wasn't a comfortable exercise for me. However, as time ticked away, I discovered that wonderful things began to happen when I quieted my soul.

Scripture reminds us that it is important to come before God quietly. It is in this silence that we are able to truly see and recognize his greatness.

When God was preparing the people to cope with their Egyptian pursuers on the bank of the Red Sea, he said:

Exodus 14:14

The Lord will fight for you, and you have only to be **silent**."

The prophet Habakkuk pens this truth:

Habakkuk 2:20

But the Lord is in his holy temple;

let all the earth keep **silence** before him."

In his distress, David says:

Psalm 4:4

Be angry, and do not sin; ponder in your own hearts on your beds, and be **silent**. Selah

Later, David gives his soul an exhortation:

Psalm 62:1,5

1 For God alone my soul waits in **silence**; from him comes my salvation.

5 For God alone, O my soul, wait in **silence**, for my hope is from him.

We live in a busy world that is increasingly unfocused and/or distracting people away from the Lord. Amidst all the chaos, finding time for silence is always a good reminder. We must not forget that there is a place for silence in our lives (Ecclesiastes 3:7). I challenge you to turn off your devices, find a quiet place, and position yourself in silence before God this week. Tune your heart to him and listen carefully. Read scripture and pray from your heart. Spend some "solo time" experiencing God this week. Enjoy the silence.

Shalom,

Ryan