

Day 32: Spiritual Disciplines ~ Be Still

There are many spiritual disciplines that could be identified as whole books are written on this topic. However, I have chosen ones that the Lord laid on my heart for this journey. Today, the discipline of sitting with the Lord and waiting on Him is chosen.

One of my favorite scriptures is Psalm 46:10, "He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'" Why does He tell us to be still? What is the importance of this action?

The noise from many different sources vies for our attention and can drown out the voice of the Lord. You and I often pray for direction and wisdom, yet do we remain still long enough in His presence to await His response? Honestly?

The action of stillness is a discipline. It takes time and practice to be still. I can almost guarantee that the first time you try your phone will ring or a child will run into the room. You might even feel a bit uncomfortable. Yet, this is how we come to know who He is. This is how head knowledge becomes heart knowledge.

This practice yields such fruit. I have learned many traits of God and even who I am in Him while sitting at His feet just listening. Clarity replaced confusion. Strength replaced weakness. Hope replaced despair. Peace replaced fear. I love that Jesus told Martha that Mary chose the better part when she sat at His feet (Luke 10:42).

There will be times that you sit still, and NOTHING happens. That is okay, just keep doing it. Keep the discipline in your regular schedule and you will never regret it. It is time well spent.

Let you cry out to God like Moses did in Exodus 33:15-18, "Then Moses said to him, "If your Presence does not go with us, do not send us up from here. ¹⁶ How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?" ¹⁷ And the LORD said to Moses, "I will do the very thing you have asked, because I am pleased with you and I know you by name." ¹⁸ Then Moses said, "Now show me your glory." Lord show us Your glory as we sit before you!

Day 32 Worksheet

Have you ever sat still with the Lord and waited on Him? If yes, why? If not, why not?

What benefits have you received when you sat before the Lord? If you have not done this spiritual discipline, how do you think it will benefit you?

Where could you do this spiritual discipline in your home?

Do you see you making this a daily discipline? Why or why not?

What are two action steps you can take to develop this discipline?
