

Reflection for the Week: Aug 31st – September 6th, 2020

*“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*

Be still....

We have had some terrific storms recently but today – Bank Holiday Monday – has that monumental stillness that accompanies late summer. I like to think of it as summer relaxing into the maturity of autumn. The air is heavy with possibility, yet nothing moves. The stillness is not empty. Sometimes we have to be still to allow God to communicate with us, because being still is about focusing attention and preparing for encounter.

Psalm 46 reminds us of the need to be still and put our trust in God. Though *‘the mountains fall into the heart of the sea, though its waters roar and foam’* be still, and trust in God. We may not be able to control the weather or our circumstances, but the psalmist reminds us of our need to be rooted in the steadfast nature of the God who loves us:
*“God is our refuge and strength,
an ever-present help in trouble.” (v. 1)*

It is not easy to be still and trust in God in the midst of daily turmoil. Yet, these verses are useful to pull out of the mental library when we feel overwhelmed.

Below is a picture of the *stillness* of the lake in the grounds of Wimpole Hall. Note the sharp reflections in the water because there is no movement – a reminder that stillness can also bring us moments of clarity.

