

will give God a chance to express Himself through you, to come through you, to make His spirit known to you, to open the way before you.

Many times our greatest need is for stillness. We scatter our energy and our forces by talking about ourselves, about our problems. The true silence that is communion with God is more than just being still. The beginning has to be a simple act of stopping all the outer talk, the outer striving and straining, the basic act of being still.

“To be still”—this is the first step. “And know that I am God”—this is the second. When we are still, when we know that there is only God, that His presence enfolds us, surrounds us, fills us with power, with life, with substance, when we know that we are one with Him, then we see that there are really no problems. There is only God, and in Him is all that we can ever need or desire.

What is your need? Is it healing? Is it guidance in making some decision? Is it supply? Is it a job? Is it freedom from confusion and inharmony in your environment? Your answer is with you now. “Be still, and know that I am God. I am life, I am health, I am wisdom, I am guidance, I am supply, I am fulfillment, I am peace, I am the perfection you seek. I am God. I am with you now.”

One of the most helpful verses in the Bible is to be found in the 46th Psalm: “Be still, and know that I am God.” When you do not know where to turn, when you do not know what to do to find your way out of some difficulty, take these words to yourself: “Be still, and know that I am God.” As you say them to your mind, to your emotions, to your thoughts, to your body, you will make way for God to enter into your consciousness. You will cease trying to tell God what you need, you will not try to tell Him what to do; rather you will be still, you will listen, you

## Be Still, and Know

# BE STILL