



Draw Near to God

Perhaps the greatest need in the world today is what people have always needed—to experience the inner stillness in which we listen for and hear the voice of God instructing us. Only in such stillness do we become aware of God as a living, loving, guiding presence and know our true identity as children of God.

Very often, our lives become cluttered with activities—juggling careers, relationships, families, and other responsibilities. Such busy days may bring stress and worry that are counterproductive to living a peaceful, loving, healthy life.

Sometimes it may seem that we avoid quietness and solitude. By avoiding quiet moments, we deprive ourselves of the inner stillness we need in order to know God and fully experience God's blessings.

In our reluctance to be alone with God, we may become restless and unhappy. We may look for excitement and change; we may find the quietness of an environment without television, stereo, or telephone to be foreign, even unbearable. If we pray at all, it is often in a perfunctory manner while we are actually busy with some other concern. Yet a very wise person pointed out:

“Better is a handful with quiet
than two handfuls with toil,
and a chasing after wind.”

—Ecclesiastes 4:6

“Draw near to God, and he will draw near to you” (Jas. 4:8). The writer of these words knew that giving superficial attention to prayer never really allows us to open our minds and hearts to God or lets God get through to us. In deep, sincere prayer, we establish such inner stillness that we are aware of nothing but God's holy presence. As we enter into complete unity with God, where we are unified with divine life, light, love, peace, and power, we can release any doubt, fear, or demand of the world. In this unity with the Source of our being, we are harmonized completely: all ills are healed, all needs fulfilled.

In the realization of God's presence in the silence, a sense of peace and well-being often fills our minds and our emotions. What a joy it is to pray and to experience the stillness that brings understanding and spiritual growth, that leads to oneness with God. How reassuring it is to know that in this oneness is all we might want or need.

“Draw near to God, and he will draw near to you.” Keep your mind, soul, and body centered on God as you pray. Give your complete attention to God's presence within you, rejoicing always that God hears every prayer. Wait expectantly, listen in love, and receive the blessing of knowing the presence of God as a reality within you.

“Be still, and know that I am God!”

—Psalm 46:10