

Be still and know that I am God

Psalm 46:10

That's got to be one of the most difficult lines in the Bible for a busy mother. We generally can't even find time to visit the toilet alone. God must be kidding when He says, "Be still and know that I am God." How is that going to help me? It's more likely that meditating on this verse will cause me more stress instead.

It's been more than 10 years since I first meditated on this verse. My children were in 2nd, 4th and 8th grades. We had just moved. And for some reason each time we moved caused me to have to find a new routine for my daily devotion. For several weeks, this was the only verse I read each day. There are several lessons. I learned while meditating on these few words.

- I learned that my day goes so much better when I begin with just a few moments of being still and just remembering that God is God. It seems so obvious and so simple. However, because of its simplicity, it's also a concept we often take for granted. This week start each morning with a simple moment of quiet reflection. Even before you get out of bed, breathe slowly and take just a moment to remember that God is in control
- I learned that stressful moments can be overcome or at least "managed" when I stop for a moment and reflect on God being God. Before I yell at the kids, when I'm ready to blow my top, I take a deep breath and for a moment just praise God and enjoy Him. Often I'm only able to devote a few seconds to this practice; however, when I allow it, this small discipline gives me a peace that otherwise I'd have never known.
- I learned that when I make time for Christ, even if it's just a few moments, Christ blesses my time.

Being a mom is a difficult and rewarding calling. It's hard enough to keep up with things when our lives DO revolve around Christ. Without Him it's an assignment that is more than I can imagine. If your heart's desire is to raise Godly children and come out somewhat sane on the other end, and at the same time become the best you God created you to be, take time to Be Still. Make time to be sure, without a doubt, that you know God is in control . . . that He is God.

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