

THE ART OF STILLNESS {A DEVOTIONAL}

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I've always been a talker. My kindergarten report card actually says "Chantel talks too much." So, it really shouldn't have come as a surprise a few weeks ago when I realized how much I talk to God and how little I actually listen and yet, somehow it felt like a big revelation to me.

I was like a child who bombards her parents with a list of requests the moment the day starts, going through my list of struggles and desires without taking a moment to say good morning. As a parent I know that's not how I want to start my day or the kind of relationship I want to have with my children, so why did I think that was enough for God?

Just like a parent, God wants to hear our requests, we long to know the hearts of our children and hear their desires and their deepest wishes, but if they never give us a chance to respond how can we help them? If I rattle off my list of dreams and concerns to God and then close off with a good bye and walk away, when does He get a chance to tell me how He is opening and closing doors for me?

*The LORD will fight for you; you need only to be still.
Exodus 14:14*

These last few weeks I've been learning the art of stillness. I've been learning how to be quiet and wait for God to answer.

*In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.
Psalm 5:3*





I decided to start with ten minutes of stillness a day. For a person who values productivity, ten minutes of stillness was a major challenge.

I didn't go into my first time of stillness with an agenda or any kind of expectations but I decided to bring one thing before God, something that had been on my heart for a long time and was beginning to consume me, I brought it before Him and then I was still.

*Be still, and know that I am God.
Psalm 46:10*



As I sat there in stillness, within a few minutes I had the strongest sense of an answer. It wasn't an audible sound but yet, I heard it in my mind as clear as if it was. I have never before heard from God in such a definite way.

*I will stand at my watch and station myself on the ramparts;
I will look to see what he will say.
Habakkuk 2:1*



Amazingly, one of the ways I know it was from God and not something I made up is because it was the opposite of the answer I wanted to hear. But with the answer came the calming sense of peace and contentment, something that could only come from Him.

*I wait for the Lord, my whole being waits, and in his word I put
my hope.
Psalm 130:5*



be
still
and
know

I am now trying to make a stillness a habit in my life. Some days are easier than others, some days my mind wanders like a curious kitten, other days I feel sleepy and like I am too busy and don't have the time to be still, but I know how much I love it when my children choose to spend time with me and I think about how much better it is to spend time with my Heavenly Father.

I would like to challenge you to make time in your day for stillness, a time to pause and listen. Find ten minutes in your day for the next week and wait for God to speak, you may just be surprised at what He has to say.

*Wait for the Lord; be strong and take heart and wait for
the Lord.*

Psalm 27:14



ABOUT THE AUTHOR

Chantel is a middle school teacher turned relaxed homeschooler, or what she calls "homeschooling as a lifestyle". She lives on the Canadian prairies with her husband and two children where they enjoy exploring the outdoors in the summer and curling up with good books and hot chocolate in the freezing winters while dreaming of traveling the world.

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