

Advent Time: “Be Still and Know”

December 10, 2024

The fruit and purpose of prayer is to be one with and like God in all things.
It is the will of God that our prayer and our trust be large.

We must truly know that our God is the ground from which our prayer sprouts
and that it is a gift given out of love...

When we think that our prayers have not been answered,
we should not become depressed over it.
I am certain that God is telling us that we must wait for a better time,
more grace, or that a better gift will be given to us.

God is being, and wants us to sit, dwell, and ground ourselves in this knowledge,
while at the same time realizing that
we are noble, excellent, assessed as precious and valuable,
and have been given creation for our enjoyment because
we are love!

Julian of Norwich, England (c. 1342 - c. 1419)

“Be still and know that I am God”

“Be still and know that I am”

“Be still and know”

“Be still”

“Be”

Elizabeth has God’s Divine Attention.

And so, do we... each one of us has the attention of God on our journey of life.

A Question to ponder:

Can you call to mind a personal concern or relationship or a situation on our global horizon that appears to
“Cease being capable of giving life” – that is, something that appears to be irredeemable or without hope?
Invite God into this situation.

In Advent, we can once again become people who make a rough road smooth.

A Question to ponder:

How can I during this season take a step toward bringing about God’s vision of hope and restoration for
myself or another person?

*Be still
and know
that I am
God*
-PSALM 46:10

Loving God, you call us to stillness and peace.
Remain at the center of our thoughts and actions.
When what we do seems to be busy and scattered,
draw us back to you. Hold us together as individuals and as a
community of faith. Enable us to focus our hopes and dreams.
Be for us the center, a balance point, a source of loving support,
through Jesus Christ in whose name we pray. Amen.