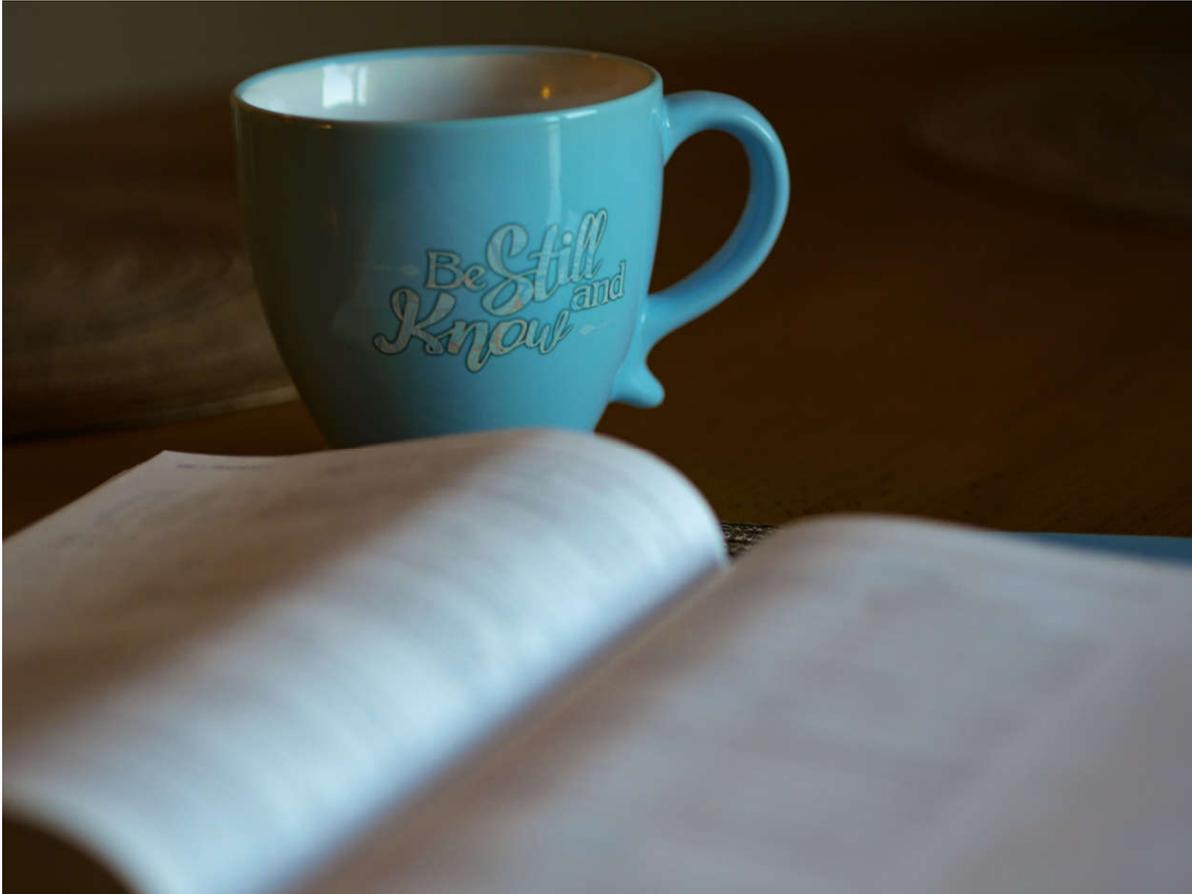


Be Still & Know

FRIDAY, JUNE 26, 2020



BE STILL & KNOW

Psalm 46:10 is one of my life verses and has helped to anchor me in times of great distress more often than I can count. As I say the words out loud, *Be still and know that I am God*, I am almost immediately taken to a place of serenity. Recently, I read that verse in the Passion translation and had a new appreciation for its impact.

Surrender your anxiety!

Be silent and stop your striving and you will see that I am God.

I am the God above all the nations,

and I will be exalted throughout the whole earth. – [Psalm 46:10 \(Passion\)](#)

To my delight, several weeks ago, I learned of the change in plans for the Muskoka Bible Centre's Women of Grace Spring Retreat when they announced they would be going virtual with a new theme based on this Psalm 46 verse. So, along with several of you (AWC women) we spent the greater part of a Saturday with hundreds of other women from around the world, at the Muskoka Bible

Centre's *Women of Grace Virtual Retreat*. It was a wonderful time of connecting and learning how to be still, how to study the Bible, and how to pray. I left that day feeling filled-up and strengthened in my faith.

Dr. Linda Reed was the keynote presenter and spoke about how the practice of stillness is hard for people to achieve but how useful it is in our faith. She talked about how this time of quarantine became a season for her to be still and connect with God on an even deeper level.

Can you relate to that? Have you been able to use some of this time at home to be still?

Dr. Reed's presentation focused on the "know" portion of "be still and know", titled: "*Be Still and Know: To Know His Strengthening Power*". She spent time in Colossians which teaches us how to know Jesus (Col 1), how to know what to think and not to think (Col 2:1-3:4), how to know what to wear and not to wear (Col 3) and how to know what to say and not to say (Col 4). As she zoomed in on His strengthening power, she also shared hundreds of Scriptures on strength in the Bible. You may watch her presentation [here](#) and use this [link](#) to download a copy of the handout.

It is always encouraging to hear other women with similar roles and responsibilities share their faith journeys to give us hope as we navigate our different stages of life. I trust that you can find a bit of time, within your hectic schedules, to spend being still with God as He strengthens you to attain all steadfastness and patience.

By: Yolande A. Knight