



DAY 3



## STRENGTH IN STILLNESS

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**“Be patient and wait for the Lord.”**

**Psalm 37:7**

*“Nothing in creation is so like God as stillness.”*

*– Meister Eckhart*

After the victory over Ba'al's prophets on Mt. Carmel, God's angel prepared Elijah for a 40-day journey through the wilderness. And what did he discover at the end of so arduous a trek? What was God's purpose in the ordeal? An encounter with His "still small voice," a meaningful quietude within chaos; the wind, the earthquake, the fire, and the turmoil of Elijah's own despondency. There, Elijah found solace in solitude, strength in stillness, and renewed vigor to press forward with the work ahead God had planned for him.

During this Advent season and throughout the year ahead, may we recognize and seize upon those opportunities to settle, reflect, and patiently await God's whisperings, for only when we've quieted ourselves can we hear Him. May we be still and know that He is God, as it's in these moments that He makes us most acutely aware of His presence. In stillness, we too can discover the solace and strength we need to carry on.

In the midst of such unsettling times, how might God be preparing you for an encounter with his still small voice?

How and when will you pause, quiet yourself, and listen to what He has to tell you?

*Most Gracious Father, bring us daily to our knees in silence before you, and whisper what you would have us know for the hour and for our present need. Strengthen us for your purpose, and grant us the wisdom to know when to speak and when to listen, when to give and when to receive, when to work and when to wait. Through Christ we pray, amen.*

*"Guard your steps as you go to the house of God and draw near to listen .... For God is in heaven and you are on the earth; therefore let your words be few." – Ecclesiastes 5:1a, 2b*

– BRUCE JUDISCH –

