

Be still and know



When all is calm,
and life is still,
we sense something greater than ourselves.
We see things reflected,
we see things from a different perspective,
a new angle.
Suddenly the world is twice as big
as we see the whole picture,
reflections reminding us that there is more to creation.

When the world is in turmoil,
and life is chaotic
and nothing is as it should be,
when our hold on life feels fragile
and we worry for family and friends
let us rest awhile in that still place,
held in the oneness of creation,
held in the love that is God.
In the stillness, may our hearts be calm for a moment,
our fears subside
and our hope be restored.
Let us be still and know God.