**Be Still and know that I am God**

Be still….

And in the quietness, the stillness

The silence

Listen…

Listen

To all that is often passed by

Unheard in the rush of busy life

Listen…Look

And wonder…

In awe

At the softest sound

The smallest detail

And in reverence,

give thanks to God the Creator

For the marvels of His creation.

Be still and know that I am God

For He knows the need

Of the human heart and body

 To ‘Be still’

 To have time with Him

 To be nourished

 To be refreshed

 In the quietness

 The stillness

 The silence

 He created…

Be still and know that I am God

Be still … and deeply in touch with your inner self,

 Be aware of your Living, Loving God…

 Whose presence is ever near for you

In your joy, your heartaches, in your times of deepest need

 To rejoice with you … to comfort you …

To encompass you in His love and give you peace.

Be still and know that I am God