

Stillness

a soul care guide
www.LifePointResources.org



The chaotic pace of our 21st-century culture has created a particular “dis-ease” of soul that suffers from always being “on.” On the go. On the run. Online. On track. On top. As you introduce the spiritual practice of Stillness to others, you offer them a soul refreshing remedy.

Stillness is an invitation to enjoy **a way of “being” in which we slow down and turn down the noise, intentionally choosing to be present to God.**

Invite your group to follow you into stillness before God. Begin by turning everything off.

The first time, set the goal of sitting still for 5 minutes. Offer a little disclaimer: Since our inner lives are often what Henri Nouwen describes as “a banana tree filled with monkeys jumping up and down.” you may experience **the loudest quiet of your life.**

Set the parameters for this time. Don’t look at your cell phone. Don’t pick up a book. Don’t even try to pray. **Just try to be still,** without any noise whatsoever, and see what happens.

Ask God to give you each the gift of stillness.

Ask God to bring you **to a deep awareness of God’s goodness...and your belovedness.**

Rest in God’s love without any need to perform or to fix the problems of the world. **Take a seat. Stay awhile. Be still.**

When the soft timer sounds, thank God for the chance to savor the goodness of God.

Anticipate your next encounter with El Roi, “The God who sees.”

“Surrender your anxiety. Be still and realize that I am God.
I am God above all the nations, and I am exalted
throughout the whole earth.”

Psalm 46:10 (The Passion Translation)

