

# Provisions

“until Christ is formed in you”



“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)

## Stillness

a soul care resource from LifePoint Resources



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## The Loudest Quiet

Take a moment right now to think about all the noise in your life.

Are you a parent of young children? At what time in the morning do they start waking up and calling for your attention? Do you own a smartphone? When do you first pick it up and start scrolling through your news feed or social media sites? Are you constantly filling the silent spaces of your life with background music or television shows? Are you subscribing and listening to more and more podcasts in order to be “in the know” and entertained?

Stillness is more than physically coming to a stop. It’s a state of mind. **It’s a way of “being” in which we slow down and turn down the noise, intentionally choosing to be present to God.** The chaotic pace of our 21<sup>st</sup>-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.

If you don’t know what I’m talking about, just turn everything off and try to sit still for 5 minutes. Attempt to enter into the quiet. 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. Good luck...you’re about to experience the loudest quiet of your life.

Henri Nouwen once wrote, “The trouble is, as soon as you sit and become quiet, you think, ‘Oh, I forgot this. I should call my friend. Later on, I’m going to see him.’ **Your inner life is like a banana tree filled with monkeys jumping up and down.**” (Article by Henri Nouwen: “Moving from Solitude to Community to Ministry”)

The practices of solitude, silence, slowing, and simplicity are all closely related to the practice of stillness. Jesus practiced these “S” practices in the midst of his ministry life. Every time he left the crowds and went away to pray, he modeled the reality of Psalm 46 - **being still in the midst of chaos and calamity.** His ability to genuinely “be” with others in a life-giving way was an overflow of his purposeful practices of “being with God.”

**It’s in the stillness - in the quiet - where we are eventually brought back to a deep awareness of God’s goodness...and our belovedness.** We are invited to simply rest in God’s love without any need to perform or to fix the problems of the world. We are able to come home to the place where we truly “know” God, not just know a lot of useful things about God. Even more, we are truly known in this place of stillness - this space where we encounter El Roi, “The God who sees.” **Welcome home. Take a seat. Stay awhile. Be still.**

# The Practice of Stillness

## The 23rd Psalm for the Hurried Life

by David Hammerslag  
(Don't let this be you)

The Lord has my back, I don't have time to seek him.

I hurry past green pastures and still waters,  
seeking restoration for my soul.

I bypass the paths of righteousness,  
for productivity's sake.

Even thou I walk through the valley of the shadow of death,  
if I stay busy enough I can pretend not to notice.

The Lord prepares a table before me in the presence  
of my enemies.

I'll grab a quick bite on my way past.

I anoint myself with accomplishments,  
draining my cup dry.

Surely stress and fatigue shall follow me all the days  
of my life,  
and I shall rush past the house of the Lord forever.

### A Blessing For One Who Is Exhausted

John O'Donohue

[Excerpt from 'For One  
Who is Exhausted.'

BENEDICTUS (Europe) /  
TO BLESS THE SPACE  
BETWEEN US (U.S.)]

"When the rhythm of the heart becomes hectic, time takes on the strain until it breaks; then all the unattended stress falls in on the mind like an endless, increasing weight, the light in the mind becomes dim. Things you could take in your stride before now become laboursome events of will. Weariness invades your spirit. Gravity begins falling inside you, dragging down every bone. The tide you never valued has gone out; and you are marooned on unsure ground. Something within you has closed down; and you cannot push yourself back to life. You have been forced to enter empty time. The desire that drove you has relinquished. There is nothing else to do now but rest and patiently learn to receive the self you have forsaken for the race of days...You have travelled too fast over false ground; now your soul has come to take you back.

"...Learn to linger around someone of ease who feels they have all the time in the world. Gradually you will return to yourself, having learned a new respect for your heart and the joy that dwells far within slow time."

*Let us labor for an inward stillness,  
An inward stillness and an inward healing,  
That perfect silence where the lips and heart are still,  
And we no longer entertain our own imperfect thought and vain opinions,  
But God above speaks in us,  
And we wait in singleness of heart,  
That we may know His will,  
And in the silence of our spirit  
That he may do His will, And do that only...*  
- Henry Wadsworth Longfellow

**"I am standing in absolute  
STILLNESS,  
silent before the one I love,  
waiting as long as it takes  
for him to rescue me.  
Only God is my Savior,  
and he will not fail me."**

Psalm 62:5 (TPT)

### RECOMMENDED RESOURCES for the JOURNEY

- The Ruthless Elimination of Hurry (John Mark Comer)
- The Wisdom of Wilderness: Experiencing the Healing Power of Nature (Gerald G. May)
- Embracing Soul Care: Making Space for What Matters Most (Stephen W. Smith)
- Finding Quiet: My Story of Overcoming Anxiety and the Practices that Brought Peace (J.P. Moreland)

The purpose of spiritual practices is to make space for the Holy Spirit  
to do transforming work so that Christ may be formed in us.  
The point is an ever-increasing union with God—loving God for God's sake—  
overflowing the banks of our hearts for the sake of the world.  
We hope that these quotes, prayers, ideas, and resources will help you practice the way of Jesus.