

# CHAPTER TWO



## BE STILL AND KNOW THAT I AM GOD

This chapter focuses on a “posture of prayer” which might be physical (we might find ways we move our bodies or places that we pray to become important to us) but mostly about an attitude and state of mind. This posture begins with God, awe, wonder and listening to that which is bigger than ourselves.

The writer of the Psalms writes in Psalm 40 “Be still and know that I am God” - Staton says that this is a foundational secret to a life of prayer, but also deceptive in its apparent simplicity.

### DEVELOPING STILLNESS

Being ‘still’ and calm is difficult in our culture and individual lives. Most of us have days dominated by hurry, noise, notifications, distraction, entertainment, employment and the desire to be efficient. Whether it is a race to keep up with work demands, netflix recommendations or friendship group admin, most of us experience *hurry* in mind and activity.

Carl Jung said that “hurry is not of the devil, hurry is the devil”. On a similar foundation, Dallas Willard said that the single greatest need in order to grow a mature spiritual life was to “ruthlessly eliminate hurry”.

With this experience of our ‘outta world’ dominated by hurry, it is perhaps not surprising that our ‘inner worlds’ are also dominated by this level of noise and restlessness. We experience stillness neither externally or internally. “Your inner life is not a mirror image of your environment. If anything, the opposite is true. We create an environment that mirrors our inner life”

**“And so we end up as good people, but as people who are not very deep. Not bad, just busy; not immoral, just distracted; not lacking in soul, just preoccupied; not disdaining depth, just never doing things to get us there”**

Ronald Rolheiser

### A PERSPECTIVE SHIFT

When we consider our own place in history, or our own *tiny* size in the galaxies, or our mortality, then we can only begin to feel appropriately small. When we consider the stars and their almost infinite, mind-blowing size, or stand in front of a mountain or try to stand in the middle of a hurricane, or attend a funeral...we have no other option but to recognise our smallness.

Equally, if we consider God. Over all time, eternal from before the beginning and past the end. Above all history and underneath all of creation, we can only be impressed with the size of this awesome and wonderful being. In fact, focussing on the true size of God too long can hurt your mind!

Given the respective size of us and God, it would be realisable to perhaps assume that God would take no notice of us. Why would he? What merit do we bring to the table? What is the true importance of our parking space requests, desires for a new job or request that God would bless this meal? Yet this is the mind-blowing beauty of the invitation to prayer. “When I pray, when i see myself as I really am from God’s perspective, I behold not only my smallness but also how valuable I truly am to God” - we are viewed less as small and insignificant, but rather as precious and of incredible value.

Ultimately this relationship is all about love - and you can’t hurry love! So seek stillness and quiet. Be intentional and also interruptible, see people as God does, rather than a means to a personal end.