

## BE STILL

**Scripture:** Psalm 46:10 “Be still, and know that I am God!”

December 17, 2018

Our Granddaughter, Chelsea, is pregnant with our first great grandchild. We eagerly await Landen’s birth. The anticipation can sometimes feel overwhelming but the arrival of a most marvelous blessing in the birth of a child is worth it all.

Thinking about Chelsea and her pregnancy reminds me of the “pregnant pauses” in my life when I take time to sit with God in silence and meditation. Psalm 46:10 “Be still, and know that I am God!”

First, these pregnant pauses are filled with expectation and anticipation. God’s voice is heard and His will revealed apart from the hustle and bustle of life. His still small voice is not drowned out by the world but made clear in the silent attentiveness. Similar to physical birth, a delivery of blessings is found in relationship with my Heavenly Father.

Secondly, “new” is birthed. Newborn babies arrive as unique individuals, personal fingerprints, footprints, facial features, and personalities. So it is with pregnant pauses. New ideas are birthed and a renewed spirit of connectedness to the one who created the world. One of my favorite songs is “Hymn of Promise”. The chorus speaks to my life’s journey “Unrevealed until its season, something God alone can see”. Pregnant pauses are an incubator for God to reveal to me what He alone can see.

I can image Mary, the chosen one, listening in pregnant pauses as she enjoyed the movement of Jesus inside her womb. In holy reverence Mary waits for the blessing of new life-unrevealed until His season-something only God can see!

**Prayer:** Lord, help me to plan for pregnant pauses in my life. To trust you for renewed spirit and enriched relationship with you, Almighty God. In Jesus name, Amen.

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